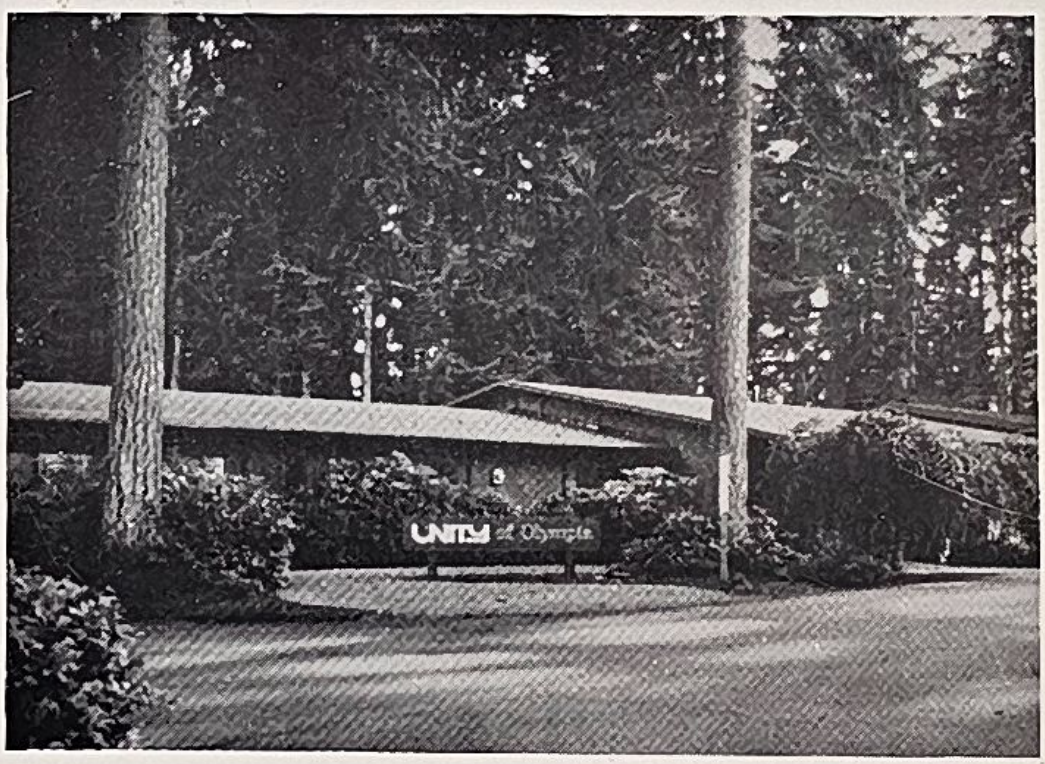
HERE'S WHAT'S COOKING AT UNITY



Unity Church of Olympia
1335 Fern Street, S.W.
Olympia, Washington 98502

Expression of Appreciation

Our organization wishes to express our sincere appreciation and thanks to all those individuals who donated recipes, helped with the compiling and the selling or in any other way contributed to the publication of this delightful cookbook.

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Unity of Olympia Mission Statement

Unity of Olympia is a spiritual community dedicated to teaching the empowering principles revealed and demonstrated by Jesus Christ. Our purpose is to assist individuals in transforming their lives.

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FAVORITE RECIPES

FROM MY COOKBOOK

Recipe Name	Page Number

APPETIZERS, PICKLES, RELISHES

FIESTA DIP

1 (4 oz.) can chopped chiles (save can for vinegar and oil)
1 (4½ oz.) can chopped ripe olives
2 chopped tomatoes
1 bunch green onions (with tops), chopped
½ can vinegar
½ can salad oil
Garlic powder to taste

Mix all ingredients together. Serve with tortilla chips.

Ronda Watson

FABULOUS FRUIT DIP

8 oz. cream cheese
8 oz. marshmallow cream
1 tsp. lemon juice

Stir together. Let stand 1 hour. Use to dip banana, melon, cantaloupe, cherries, etc. Great for a simple dessert for company.

Susan Kludas

SALMON APPETIZER

1 (6½ oz.) can salmon
1 (8 oz.) pkg. cream cheese, softened
1 Tbsp. lemon juice
2 tsp. grated onion
1 tsp. horseradish
¼ tsp. liquid smoke
Chopped walnuts or pecans

Mix all ingredients, except nuts. Roll into ball. Roll ball in nuts. Serve with crackers.

Nancy Peterson

PU-PU
(Appetizer)

2 sticks butter
2 c. flour
½ lb. sharp grated cheese
2 c. Rice Krispies
Tabasco sauce (if desired)

Mix ingredients into a ball. Form into marble-size pieces and press on cookie sheet. Bake for 15 minutes at 325°F.

Orlena Harsch

PARTY SANDWICHES

8 oz. cream cheese
2 Tbsp. mayonnaise (Best Foods)
¼ c. celery, chopped fine
¼ c. walnuts, chopped fine
¼ c. chopped black olives (optional)
Dash of seasoning salt
½ tsp. Worcestershire sauce
Large loaf sliced white sandwich bread (Wonder, fresh and soft)

Mix together all ingredients, except bread. Cut crusts from bread. Fill sandwiches. Slice diagonally into triangles or into thirds or can cut with cutters into fancy shapes. Make good finger foods at party or pot luck. To keep sandwiches from drying out, cover with a moistened tea towel. They transport well in a wax paper lined Tupperware container.

May Neal Hull

SHRIMP/CRAB MOUSSE

1 can cream mushroom soup
1 (8 oz.) pkg. cream cheese
1 pkg. unflavored gelatin
¼ c. cold water
½ c. green onions, chopped fine
½ c. celery, chopped fine
1 (4 oz.) can shrimp or use fresh
1 c. mayonnaise (must be Best Foods!)

Combine soup and cream cheese and heat over low heat until cheese melts. Soften gelatin in cold water and add to cheese/soup mixture. Stir until dissolved, remove from heat. Add the chopped onions, celery, shrimp, and mayonnaise. Mix well and pour into mold and chill. Serve inverted on serving dish with crackers, corn chips, etc. on the side. *Delicious!* (Crab can be substituted for shrimp in this recipe.)

May Neal Hull

PARTY PINWHEELS

2 (8 oz.) pkg. cream cheese, softened
1 pkg. dried Ranch salad dressing mix
2 green onions, minced
4 (12 inch) flour tortillas
½ c. diced red pepper
½ c. diced celery
1 can sliced black olives, drained

Mix first 3 ingredients. Spread on tortillas. Sprinkle on remaining ingredients. Roll and wrap tightly. Chill 2 hours. Cut off roll ends. Cut rolls into 1 inch slices. Makes 3 dozen.

Mike Dore

CHEESE BALL

2 lb. soft sharp cheese
2 (8 oz.) pkg. cream cheese
2 Tbsp. Worcestershire sauce
8 slices chopped cooked bacon bits
4 oz. can pimento, chopped
4 green onions, minced
Dash of Tabasco
Chopped nuts

Mix all ingredients, except nuts and form into balls. Refrigerate before rolling into balls. Roll balls in chopped nuts.

Dorothy Neely

OVEN FRIES

1 or 2 potatoes for each serving
Non-stick spray

Scrub potatoes. Slice potato lengthwise in half, then cut into uniform strips about ½ inch in width. Spray cookie sheet with non-stick spray. Lay down potato strips. Coat potatoes heavily with non-stick spray. Cook at 400° for 20 to 30 minutes or until done.

Carol Middleton

AU GRATIN POTATOES

1 pkg. frozen hash brown potatoes, thawed
½ medium onion, chopped
1 can cream of chicken soup
1 pt. sour cream
½ to ¾ c. grated Cheddar cheese
Salt and pepper to taste
Corn flakes
Margarine

Mix potatoes, onion, soup, sour cream, cheese, salt, and pepper together. Place in ungreased pan, 9x13 inches. Saute corn flakes and margarine (enough to cover potato mixture). Bake at 350° until hot and bubbly.

Elaine Nunneh

POTATOES AU GRATIN

1 recipe of Cream Sauce
1 qt. boiled potatoes, diced or sliced
¼ lb. sharp cheese, diced or grated

Mix all of the preceding together; put into a small baking pan or dish. Sprinkle with paprika and bake about 20 minutes in a moderate oven at 325°F.

For Cream Sauce:

2 c. hot milk
½ cube butter
2 heaping Tbsp. flour
1 tsp. salt
¼ tsp. pepper

Melt butter in saucepan; mix with flour. Add the boiling milk, salt and pepper, continuously stirring and cooking until thick.

Jean R. Huss

ROASTED POTATOES WITH GARLIC AND HERBS

3 Tbsp. olive oil
1 doz. small or 6 medium potatoes, washed (unpeeled) and cut in ½ inch slices
½ to 1 garlic head, separated into cloves and peeled
4 to 5 sprigs (4 to 6 inches long) rosemary, thyme or basil

Spread olive oil in bottom of a 9x13 inch glass baking dish. Toss potato slices and garlic cloves in baking dish to coat with oil, then arrange into a single layer. Lay the sprigs of herbs on top of the potatoes. Cover the pan with foil or a cookie sheet and bake

at 400°F. for 20 minutes. Uncover and bake 15 to 20 minutes more or until potatoes are tender and begin to brown. Carefully remove herbs and discard. Serve immediately. Serves 4.

Elaine Nunneh

SUPERB POTATOES

3 large baking potatoes
¾ c. chopped onion
¾ tsp. salt
1 cube butter
Parmesan cheese
Nutmeg

Saute onion and salt in butter. Peel potatoes and cut into 1 inch pieces. Place in large casserole or baking dish. Pour sauteed ingredients over the potatoes. Pour generous amount of Parmesan cheese over the potatoes. Sprinkle a little nutmeg over this. Bake at 325° to 350° for 1 hour 10 minutes.

Irene Olson

BROCCOLI BAKE

1 can cream of broccoli soup
½ c. milk
1 tsp. soy sauce
Dash of pepper
1 (1½ lb.) bunch fresh broccoli, cut up, slightly cooked and drained
1 can French fried onions
3 slices Swiss cheese

In 1½ quart shallow casserole, combine soup, milk, soy sauce, and pepper. Stir in broccoli and ½ can onions. Bake at 350°F. for 25 minutes or until hot; stir. Top with remaining onions and cheese slices. Bake 5 minutes.

Mike Dore

SPINACH PIE

2 lb. frozen spinach
2 c. grated Cheddar or Jack cheese
1 tsp. thyme
1 tsp. rosemary
1 tsp. nutmeg
1 Tbsp. parsley
Pie crust (use 1 stick prepared crust or make your own, for the top only)

Thaw spinach. Mix together with cheese and spices. Place in baking dish and cover with pie crust. Make steam vents. Bake at 350° for 45 minutes.

Carol Middleton

CALIFORNIA LIMA BEANS AND ZUCCHINI

1 (10 oz.) frozen Ford Ham lima beans
4 medium zucchini
1 can mushroom soup (undiluted)
¼ c. minced onion
2 Tbsp. chopped parsley
1 Tbsp. butter
⅓ c. sliced almonds
¼ tsp. salt

Cook beans as directed on package for 5 minutes; drain. Wash and slice zucchini. Combine all ingredients, *except* butter, almonds and salt. Bake at 350° for 35 minutes. Brown almonds in butter and salt. Remove cover from casserole; stir in almonds. Bake, uncovered, for 15 minutes.

Phyllis Craig

CABBAGE MORNAY

5 c. coarsely shredded cabbage
Boiling water to cover
2 Tbsp. butter or margarine
2 Tbsp. flour
1 c. milk
½ tsp. salt
Dash of cayenne
½ c. grated sharp Cheddar
2 slices bread

Set oven at 350°. Boil cabbage for 2 minutes. Drain. Make white sauce from next 6 ingredients. Add the cooked cabbage; mix. Place in baking dish. Butter the bread and cut into small cubes. Sprinkle over casserole. Bake 30 minutes or until bread is toasted and sauce is bubbling.

Evelyn Scott

GREEN BEANS WITH HERBS

1 lb. green beans
¾ c. minced onion
1 clove garlic, mashed
¼ c. snipped parsley
¼ c. butter
¼ tsp. rosemary
2 Tbsp. sesame seed
¾ tsp. vegetable salt
¼ c. minced celery
¼ tsp. dried basil

Wash and trim beans. Cut crosswise in thin, diagonal slices. Cook beans, covered, in ½ inch boiling water (distilled) for 15 minutes or until tender. Drain.

Melt butter in skillet. Add onions, garlic, celery, and sesame seed; saute for 5 minutes. Add remaining ingredients. Simmer, covered, for 10 minutes. Toss well with beans. Season.

Taken from the award winning "New Age Vegetarian Cookbook" by The Rosicrucian Fellowship.

Linda Sue Nelson

SALMON POTATO SOUP

4 medium potatoes, diced
1 qt. milk
1 pt. half & half (I used more milk)
1 (No. 2) can salmon
1 stick butter (you can use less)
1 onion, finely diced
Salt and pepper to taste

Cook potatoes in large saucepan in enough water to cover until almost done. Add milk, cream, salmon, butter, and onion. Season with salt and pepper. Simmer for 20 to 30 minutes. Yield: 4 to 6 servings. *Very good.*

Betty S. Tipton

LLOYD'S POTATO SOUP

3 to 4 large potatoes
1 medium onion
4 green onions (or chives)
4 strips of bacon
1 can Campbell's chicken broth
1 or 2 carrots
1 tsp. Worcestershire sauce
Salt and pepper to taste
Garlic to taste
1 pt. half & half

Cut bacon into small pieces and fry. Saute onion and white parts of green onions in butter or margarine. Save green onion tops to sprinkle over soup when served. Put chicken broth and 1 can water into a large pan. Cut up potatoes and carrots; cook in broth. When done, blend ½ in blender to make soup creamy. Mash other ½ with a potato masher, leaving some large pieces for texture. Add bacon, onion and half & half. Heat, but do not boil. Serve. May also be served cold as vichyssoise.

Lloyd Sell

IRISH POTATO CHOWDER

3 Tbsp. butter
½ c. sliced onions
2 Tbsp. flour
3¼ c. hot milk
1 lb. potatoes, peeled and sliced thin
½ c. celery, chopped fine
½ c. shredded carrots
¼ c. water
2 tsp. salt
⅛ tsp. black pepper
2 Tbsp. green onion tops
2 Tbsp. chopped parsley

Saute onions in butter until clear but not brown. Add flour and blend. Add milk and let come to a boil. Put potatoes, celery, carrots, and water in saucepan; simmer until tender. Add to the cream sauce. Season with salt and pepper. Garnish with green onion (scallion) tops and parsley. Serves 6 to 8.

This recipe is easily altered. Add steamed sliced broccoli instead of potatoes and a cup or two of grated Cheddar cheese for a marvelous cream of broccoli soup. Use your imagination with this wonderful soup stock.

Penny Devine

SAUSAGE SOUP

1 lb. turkey sausage or kielbasa, sliced
1 c. sliced carrots
½ c. sliced celery
½ c. chopped onion
1 (28 oz.) can tomatoes
1 Tbsp. parsley
½ tsp. basil
½ tsp. rosemary
⅛ tsp. garlic powder
1 (12 oz.) can corn

Mix all together; heat to boiling. Turn down and simmer 10 minutes.

Phyllis Rabourn

CHICKEN LIME SOUP

4 c. chicken broth
2 chicken breast halves, skinned
⅓ c. small pasta
⅓ c. chopped red onion
¼ c. fresh lime juice (1 or 2 limes)
¼ c. fresh cilantro
1 ripe avocado, peeled, pitted and sliced

In saucepan, bring broth to a boil. Add chicken; reduce to simmer. Cover and cook 20 minutes. Remove chicken from broth. Cool slightly, then pull meat off the bones and shred. Set aside.

Reheat broth to boiling. Add pasta; reduce heat to low heat. Cover and cook for 10 minutes. Add onion, lime juice, chicken, cilantro, and avocado. Cover and simmer for 5 minutes. Serves 6.

Michael Dore

TOMATO NOODLE SOUP

1 (46 oz.) can Campbell's tomato juice
1¾ c. elbow macaroni
1 tsp. butter or margarine
½ c. milk
Salt and pepper

Prepare macaroni according to package directions. Drain and leave in colander while you mix tomato juice, butter or margarine, 1 teaspoon salt (or to personal taste), and ½ teaspoon black pepper. Add macaroni and milk. Return to heat and heat steadily to a steam, stirring constantly. Cover and remove from heat. Soup is ready to serve. Makes six 12 ounce bowls.

Note: *Do not boil.* Boiling thickens tomato juice and will overcook macaroni.

Don Ward

FRENCH ONION SOUP

4 large onions, thinly sliced
4 Tbsp. butter
1 tsp. salt
8 c. strong beef broth or consomme (canned or instant)
⅓ c. Madeira wine
Freshly grated Parmesan cheese
Brie cheese

Melt the butter in a heavy Dutch oven. Add the onions and salt; cover the pan tightly. Steam over low heat for 25 minutes until tender. Combine the onions and their juices with the broth or consomme; simmer for 20 minutes. Correct the seasoning; add the Madeira and serve. Pass grated Parmesan cheese. For a more delicate soup, place a slice of Brie cheese in bottom of each cup; pour soup over.

Mike Dore

SUPERB CHILI

1 lb. ground beef
1 onion, sliced
1 lb. 13 oz. can tomatoes
1½ tsp. salt
1½ tsp. dry mustard
2½ tsp. chili powder
1 clove garlic
2 (15½ oz.) cans red kidney beans

Brown ground beef in large heavy saucepan. Drain off fat. Add onion, tomatoes, salt, mustard, chili powder, and garlic. Simmer, uncovered, 2 to 3 hours. Remove garlic clove. Add kidney beans. Simmer 15 to 20 minutes longer. Makes 6 servings.

Can be made the day before. The longer it sets, the better it is. For more servings, double the recipe.

Mike Dore

CAULIFLOWER-CHEESE SOUP

Part A:

2 c. potato chunks
2 c. cauliflowerets
1 c. chopped carrot
3 medium cloves garlic
1 c. chopped onion
1½ tsp. salt
4 c. water or stock

Part B:

1½ c. grated Cheddar
¾ c. milk
¼ tsp. dill weed
¼ tsp. ground dill or caraway seed
¼ tsp. dry mustard
Black pepper

Place ingredients in part A together in a pot. Bring to a boil; cover and simmer 15 minutes. Let cool 10 minutes. Puree the entire mixture in the blender until smooth and creamy. Transfer to a kettle (double boiler if available) and whisk in part B. Heat the soup gently as you whisk these in. Steam or saute in butter 1½ cups more cauliflowerets. Add these to the soup. Just before serving, whisk in ¾ cup buttermilk. Serve topped with chopped scallions and extra cheese.

Anna Easton

FROSTED FRUIT SALAD

1 small pkg. lemon jello
1 small pkg. orange jello
1 (No. 2) can crushed pineapple, drained
2 diced bananas
5 c. small marshmallows

Dissolve jello in hot water; add cold water. Cool until like unbeaten egg whites. Add fruit and marshmallows; pour into 9x13 inch dish and chill. Cover with topping at serving.

Topping:

1 beaten egg
1 Tbsp. butter
1 can pineapple juice
2 Tbsp. flour
½ c. sugar
1 pkg. Dream Whip
½ c. shredded sharp cheese

In saucepan, combine egg, sugar, juice, butter, and flour (in that order). Stir over low heat until thickened. Cool. Fold in prepared whipped cream. Spread over cooled jello; sprinkle with cheese just before serving.

Chris and Gladys Devine

CHERRY SALAD

1 large cherry Jell-O
2 c. hot water

Mix until cool.

Add:

1 large can crushed pineapple
1 large cherry pie filling

Topping:

1 large (8 oz.) cream cheese
½ pt. sour cream
½ c. sugar

Chill until firm. Add topping.

Margaret Aarde

CRANBERRY MARBLE SALAD

2 (3 oz.) pkg. cherry gelatin
2 c. boiling water
1 (8¾ oz.) can pineapple tidbits
1 (1 lb.) can whole cranberry sauce
1 c. dairy sour cream
½ c. chopped nuts

Dissolve gelatin in boiling water. Stir in cranberry and pineapple. Chill until partially set. Stir in nuts and spoon into 8x8 inch pan. Spoon sour cream on top and stir through to make a marble effect. Chill until firm. Cut into squares and serve on lettuce.

Marge Blakely

TUNA ON A SHOESTRING

1 can tuna, drained
1 c. shredded carrots
1 c. sliced celery
¼ c. minced onion
¾ to 1 c. mayonnaise

Mix the preceding together gently; chill. Just before serving, on a bed of lettuce, add 1 can shoestring potatoes. Fold them in.

I add a tablespoon of capers or you can use pickle.

Mary Lou Spear

UNUSUAL TUNA SALAD

2 pkg. (6 oz.) lemon jello
1 c. hot water
1 c. cold water
1 pt. cottage cheese
⅔ c. cocktail or chili sauce
1 c. chopped celery
½ c. slivered almonds
1 c. mayonnaise
1 c. broken up tuna

Dissolve gelatin in hot water; add cold water, cottage cheese and cocktail sauce. Beat well with egg beater. Add the remaining ingredients; pour into mold or square pan or 9x11 inch pan. Refrigerate. Serves 12.

This salad makes a delicious only course for a luncheon or the main course for dinner.

Marguerite Kueckelhan

DECEIVING CRAB SALAD

2 c. mayonnaise
4 hard cooked eggs
1 medium onion, chopped
2 (6½ oz.) cans crab, flaked
2 (6½ oz.) cans shrimp, chopped
1 (1 lb.) loaf white bread, cubed

Mix mayonnaise, eggs, onion, crab, shrimp, and bread until thoroughly coated. Place in refrigerator overnight. Serve on bed of lettuce. Makes 6 servings.

Variations: Don't drain crab and remove crust from bread.

Michael Dore

SHRIMP A LA NEW ORLEANS

1 can shrimp (can be fresh shrimp)
4 Tbsp. Wesson oil
1 Tbsp. prepared mustard
2 Tbsp. lemon juice or vinegar
2 green onions with tops

Mince onions; add salt and pepper to taste. Thoroughly mix shrimp with oil, mustard and lemon juice in bowl; refrigerate for 2 hours. Mix again when ready to serve. Serve on shredded lettuce, topped with a slice of tomato. Serves 4.

Irene Olson

TUNA-MACARONI SALAD

11 oz. (approx. 2½ c.) salad macaroni
1 c. mayonnaise
2 Tbsp. lemon juice
2 Tbsp. French dressing
2 (6½ oz.) cans tuna, drained and flaked
1 c. diced celery
1 medium onion, finely chopped
1 tsp. salt
½ tsp. white pepper

Bring 5 quarts water, 5 teaspoons salt and 1 tablespoon oil to a rapid boil. Gradually add macaroni so water continues to boil. Cook, uncovered, stirring occasionally for 7 minutes or until tender; drain. Rinse with cold water.

In a large bowl, combine mayonnaise, lemon juice and French dressing; add drained macaroni and remaining ingredients. Mix thoroughly. Chill at least 6 hours before serving. Makes approximately 10½ cups.

Jean R. Huss

CHICKEN-CABBAGE SALAD

1 chicken breast, cooked and cubed
2 Tbsp. toasted sesame seeds
½ c. toasted almonds
½ or more head cabbage, chopped
4 chopped green onions
2 pkg. chicken-flavored Top Ramen

Dressing:

1 pkg. Top Ramen seasoning
2 Tbsp. sugar
1 c. olive oil
3 Tbsp. vinegar
2 tsp. salt
1 tsp. pepper

Crumble noodles and mix with first 5 ingredients. Stir dressing ingredients together. Pour over salad and chill. (Best if chilled several hours or overnight.)

Phyllis Rabourn

CHICKEN SALAD

6 chicken breasts, cooked
½ c. celery
½ c. cashews
1 c. white seedless grapes, halved
4 spring onions, chopped
¾ c. mayonnaise
Salt to taste

After chicken has cooled, remove from bones and cut chicken in bite-size pieces. Mix together well all other ingredients.

Great salad or filler for croissant sandwich.

Michael and Sandra Petty

CHICKEN SALAD

2 to 4 c. cooked chicken
2 c. shredded carrot
1 c. sliced celery
2 Tbsp. chopped onion
Salt and pepper to taste
Mayonnaise or salad dressing
2 to 3 c. shoestring potatoes

Cut chicken in bite-size pieces. Add carrot, celery, onion, salt, and pepper. Moisten with mayonnaise or salad dressing. Just before serving, add shoestring potatoes.

Dorothy Neely

DUTCH CRUNCH

1 (No. 303) can sauerkraut
Equal amount chopped celery
½ amount grated carrots
¼ c. diced onion
¼ c. diced green pepper
⅔ c. sugar

Cut sauerkraut with scissors and mix all ingredients thoroughly. Let stand 24 hours or longer before serving.

Naoma Lahren

SAUERKRAUT SALAD

1 large can sauerkraut (do not drain)
1 small jar pimentos, chopped
1 large red onion, chopped
About 3 stalks celery, chopped
1 to 2 green peppers, chopped
1 c. sugar
½ c. vinegar
¼ c. oil

Marinate overnight.

Mildred Cowley

CHINESE CUCUMBERS

Peel, score with fork and slice thin 2 cucumbers.

Boil for 2 minutes:

½ c. brown sugar
½ c. vinegar
½ c. water
½ to 1 tsp. fresh ginger root, peeled and finely chopped

Cool and pour over cucumbers. Sprinkle with sesame seeds. Chill and serve. *Super, very popular.*

Phyllis Craig

WESTERN SALAD

4 c. shredded lettuce
2 avocados, sliced
2 c. cantaloupe balls
6 slices bacon, crisp, drained and crumbled

Sweet Poppy Seed French Salad Dressing:

¾ c. sugar
1 tsp. dry mustard
1 c. salad oil
1 tsp. poppy seeds
1 tsp. sesame seeds
1 tsp. salt
⅓ c. cider vinegar
1 Tbsp. very finely chopped onion

Makes 1½ cups of dressing for salad. Serves 8.

Mary Lou Spear

OVERNIGHT LAYERED GREEN SALAD

1 head lettuce
½ c. sliced onions
1 c. thinly sliced celery
1 can drained, sliced water chestnuts
1 (10 oz.) pkg. frozen peas
2 c. mayonnaise
2 tsp. sugar
½ c. grated Parmesan cheese
1 tsp. seasoned salt
½ tsp. garlic powder
3 hard-boiled eggs, chopped
½ to ¾ lb. bacon, fried and crumbled (or bacon bits)

Shred lettuce; place in a 4 quart shallow serving dish. Top with onion, celery and water chestnuts. Open package frozen peas; break apart and sprinkle over salad. Spread mayonnaise evenly over the top. Sprinkle with sugar, Parmesan cheese, salt, and garlic powder. Cover; chill up to 24 hours. Just before serving sprinkle with hard-boiled eggs and bacon. Serves 10.

Dea Ann Fisk, Tacoma

BROCCOLI SALAD

2 heads broccoli (bite-size pieces), parboiled a bit
¼ c. sunflower seeds
¼ c. sliced almonds
1 c. raisins, plumped (soak in water several hours)
½ lb. bacon, fried and crumbled

Dressing:

1 c. mayonnaise (can use ½ yogurt)
½ c. green onions (use tops), chopped
3 Tbsp. sugar

Toss and chill at least 1 hour before serving.

Marie S. Reed (Mrs. George C.)

ITALIAN VEGETABLE TOSS

1½ c. shell macaroni
1 c. cauliflower flowerets
1 (6 oz.) can artichoke hearts, drained, rinsed and chopped
1 medium avocado, sliced
1 medium tomato, seeded and chopped
2 c. broccoli flowerets
1 c. sliced fresh mushrooms
1 c. sliced pitted ripe olives
½ c. chopped green onions
⅔ c. Italian salad dressing

Cook macaroni according to package directions; rinse and drain well. Combine all, except avocado and tomato. Toss; cover and chill several hours. When serving, toss with avocado and tomato. Makes 12 to 16 servings.

Dorothy Neely

SPAGHETTI SALAD

22 oz. spaghetti
½ c. red wine vinegar
1 clove garlic, minced
1 large bottle Zesty Italian salad dressing
1 large jar Johnny's Salad Elegance seasoning
1 green pepper, chopped
1 red onion, sliced
1 can chopped or sliced olives
Bite-size pieces of ham

After cooking and draining spaghetti, add the vinegar, garlic, salad dressing, and seasoning while still warm. This helps the pasta absorb the flavoring. When cool, add the green pepper, onion, olives, and ham. Refrigerate several hours. It's even better the second day. Serves a large crowd.

TOMATOES AND MUSHROOMS VINAIGRETTE

⅔ c. oil
¼ c. wine vinegar
¼ c. finely chopped fresh parsley
¼ c. finely chopped green onion (including tops)
1 garlic clove, minced
1 tsp. salt
1 tsp. dill weed
1 tsp. basil leaves
¼ tsp. pepper
6 medium tomatoes, peeled, cut into slices
4.5 oz. jar whole mushrooms, drained

In a screw-top jar, mix the first 9 ingredients. Refrigerate 1 to 2 hours, shaking occasionally. Meanwhile, arrange tomatoes and mushrooms in serving dish. Pour dressing over tomatoes and mushrooms. Cover and refrigerate 2 hours or more, basting occasionally. Makes 6 servings.

Michael Dore

BACON AND EGG SALAD

¼ c. crumbled Bleu cheese
1 head romaine lettuce
6 slices bacon, diced
6 hard cooked eggs, diced
Other salad fixings as desired

Croutons:

½ loaf sourdough bread
¼ c. butter
¼ c. Parmesan cheese
¼ tsp. garlic powder

Vinaigrette:

¼ tsp. salt
¼ tsp. pepper
¼ tsp. dry mustard
6 Tbsp. olive oil
2 Tbsp. wine vinegar
¼ tsp. garlic powder

Wash romaine leaves; tear into bites and put in serving bowl. Wrap and roll 4 to 5 paper towels around leaves and refrigerate until ready to serve. Saute the diced bacon till crispy. Saute cubed sourdough bread in butter till brown; sprinkle with Parmesan cheese and garlic powder. Blend the vinaigrette with a wire whisk. Pour vinaigrette over lettuce just before serving. Toss thoroughly, then layer on croutons, eggs, bacon, and Bleu cheese.

Lynn Hicks

PEARL BARLEY SALAD

Part 1:

1 c. uncooked pearl barley
4 c. water
½ tsp. salt

Combine ingredients; bring to a boil, then cook slowly until tender, approximately 45 minutes.

Part 2:

4 c. cooked pearl barley
3 Tbsp. apple cider vinegar
2 Tbsp. lemon juice
¾ c. cooked garbanzo beans
½ c. chopped parsley
½ c. green onions
1 large chopped cucumber
1 large chopped tomato
Salt to taste
½ c. olive oil

Pour the vinegar and lemon juice over the barley in a large bowl; mix in well. Add and mix in all other ingredients, except the olive oil. Last, add the olive oil and again mix well. Let stand a few hours or overnight before serving.

Ruth Gregory

ORANGE CAULIFLOWER SALAD

2 (6½ oz.) cans unsweetened mandarin orange segments, drained
2 c. uncooked cauliflowerets
¼ c. chopped green pepper
2 c. bite-size pieces lettuce or spinach
¼ c. Orange Blossom Dressing

Toss and serve.

Orange Blossom Dressing:

1 (14 oz.) can evaporated skim milk
1 (6 oz.) can frozen orange juice concentrate, thawed

Mix in covered jar until blended. Makes 2 cups, 20 calories per tablespoon.

Orlena Harsch

BEAN SALAD

1 can French cut green beans
1 can English peas
1 can lima beans
1 small onion, chopped
1 tsp. salt
1 c. vinegar
1 c. sugar
½ c. oil

Drain all vegetables and mix together.

Suzahn Cox

BEAN SALAD

1 (16 oz.) can green beans
1 (16 oz.) can wax beans
1 (16 oz.) can garbanzo beans
1 large can kidney beans
1 green pepper, thinly sliced
1 large onion, thinly sliced
3 or 4 stalks celery, thinly sliced
⅔ c. white sugar
1 c. salad oil
1⅓ c. Heinz vinegar
1 tsp. salt
1 tsp. dry mustard
1 tsp. dry sweet basil leaves

Drain juice off the vegetables. Combine first 7 items in large bowl. Mix next 6 ingredients. Add dressing to vegetables and let stand 24 hours refrigerated. Will keep two weeks or more in refrigerator.

Dorothy Neely

Notes

MAIN DISHES

JAPANESE CHICKEN

1 cut up fryer
½ c. Parmesan cheese
¼ c. soy sauce
¼ c. oil
1 chopped onion

Mix last 4 ingredients in a bowl. Dip each fryer piece in mix and place in baking pan, preferably with space between. Spread remaining mix over chicken. Bake at 400° till done, 40 to 60 minutes. Watch to avoid burning.

Rosemary Faubion

SHREDDED ORIENTAL CHICKEN

2 (about 12 oz.) chicken breasts, skinned and boned
2 Tbsp. cornstarch
2 tsp. soy sauce
1½ tsp. salt
1 Tbsp. dry white wine or water
1 Tbsp. vegetable oil
1 egg white
1 carrot, pared and shredded
1 medium size green pepper, halved, seeded and shredded
1 green onion, sliced
½ tsp. ginger
1 tsp. sugar

Sauce:

2 tsp. cornstarch
2 Tbsp. dry white wine or cold water
2 Tbsp. soy sauce

Cut chicken breasts into paper thin strips (slightly frozen chicken is easier to cut). Combine strips in a medium size bowl with cornstarch, soy sauce and salt. Add wine and egg white; mix well. Heat oil in a large nonstick skillet or oriental wok; add chicken. Cook and stir until chicken turns white, about 5 minutes. Add carrot, green pepper and green onion; stir-fry for 2 minutes. Add ginger and sugar. Dissolve cornstarch, wine or water and soy sauce in small bowl. Add to skillet; stir until evenly glazed. Makes 6 servings at 80 calories per serving. *Very good.*

Betty Tipton

EASY CHICKEN TOPPING

1 small bottle Russian salad dressing
1 env. powdered onion soup mix
1⅓ c. apricot-pineapple jam

Mix ingredients together and store in refrigerator until ready to use (recipe makes quite a lot). Prepare chicken pieces by removing skins; wash and dry. Place in baking pan. Spoon on topping on each piece. Bake at 350° for 1 hour or until tender. *This chicken is good hot or cold.*

Cathy Weaver

CRUSTY BAKED CHICKEN

3 lb. frying chicken, cut in pieces
1 egg
¼ c. milk
1 c. instant potato flakes
1 tsp. garlic salt
1 tsp. paprika
½ c. Parmesan cheese
2 Tbsp. melted butter or margarine
1 tsp. poultry seasoning

1. Wash chicken. Trim off excess fat and skin. Pat dry.
2. In a bowl, beat egg and milk.
3. In another bowl, combine potato flakes, garlic salt, paprika, poultry seasoning, and cheese.
4. Dip chicken pieces in egg mixture.
5. Roll them in the potato flakes.
6. Place chicken pieces in baking dish or pan.
7. Sprinkle with melted butter.
8. Bake at 400°F. for 35 minutes, turning chicken once.
9. Increase oven temperature to 425°F. and bake 15 minutes more or till done.

Virginia Taylor (Jinny)

SUPER BAKED CHICKEN

Line sheet cake pan with aluminum foil. Sprinkle half a package of Lipton onion soup mix over the foil; lay pieces of chicken over this, then sprinkle the rest of the onion soup mix over the chicken. Crimp the foil closed completely. Place in a 350° oven for 1 hour. Have plenty of mashed potatoes or bread to sop up the wonderful onion gravy this makes. *Enjoy!*

Mary Lou Spear

BREAST OF CHICKEN WITH MUSTARD SAUCE

4 skinless boneless chicken breast halves
Salt and freshly ground pepper to taste
2 Tbsp. vegetable oil
12 baby carrots, trimmed and scraped
½ lb. mushrooms
2 Tbsp. chopped shallots
1 tsp. chopped garlic
1 Tbsp. flour
½ c. dry white wine
1 c. chicken broth
1 bay leaf
1 tsp. dried thyme
2 Tbsp. Dijon mustard
2 Tbsp. chopped parsley
1 Tbsp. tomato paste

Sprinkle chicken on all sides with salt and pepper. Heat oil in skillet over medium high and add chicken. Cook until golden brown, 4 minutes on each side. Pour off fat; scatter the carrots, mushrooms, shallots, and garlic over chicken. Continue cooking and stirring 3 minutes. Sprinkle flour evenly over all. Add wine and stir. Add broth, tomato paste, bay leaf, thyme, and mustard. Blend well. Cover and simmer 10 minutes. Uncover and cook 5 minutes to reduce sauce. Remove bay leaf. Sprinkle with parsley and serve. Makes 4 servings.

Chef Boy-R-Dore

CHICKEN VERMOUTH

¼ lb. butter
2 Tbsp. cornstarch
1 c. dry vermouth
1 (about 14 oz.) chicken broth
2 Tbsp. chopped parsley
2 Tbsp. or more minced garlic
1 Tbsp. soy sauce
1 Tbsp. lemon juice
1 tsp. sugar
2 (about 2 lb.) crabs, cleaned and cracked
Crusty French bread

In a 4 or 5 quart kettle, melt butter. If you want slightly thickened broth, remove from heat and blend in 2 tablespoons cornstarch (leave out cornstarch for a thin broth). Gradually stir in vermouth, chicken broth, parsley, garlic, soy sauce, lemon juice, and sugar. Bring to a boil; reduce heat. Cover and simmer for 10 minutes. At this point, you can cover and chill up to 24 hours.

To the reheated broth, add the cracked crab; cover and simmer until crab is heated through, 10 to 15 minutes. Pour an additional ¼ cup vermouth. Ladle the broth and crab into large shallow bowls. French bread for dunking. Serves 4.

Michael Dore

KING RANCH CHICKEN

3 to 4 lb. chicken breast
1 doz. fresh tortillas
1 can cream of mushroom soup
1 can cream of chicken soup
1 c. diced green pepper
1 c. diced onion
1 Tbsp. chili powder
1 tsp. salt
¾ lb. grated Cheddar cheese (medium or sharp)
1 small can tomatoes
1 small can tomatoes with jalapenos

Boil chicken breasts; remove skin. Reserve stock. Line bottom and sides of greased 3 quart casserole with a layer of tortillas. Sprinkle with 2 tablespoons chicken stock. Make a layer with undiluted cream of mushroom soup, half the chicken and half the remaining ingredients in the order listed, except the cream of chicken soup and tomatoes. Cover with tortillas; sprinkle with 2 tablespoons chicken stock. Make second layer using cream of chicken soup and the remaining ingredients. Top last layer of cheese with ½ to ⅔ of the can of tomatoes. Bake 1 hour at 350°. Let set a few minutes before serving. Can be made in advance and refrigerated before baking.

Vicki Lafser

MEXICAN CHICKEN ROLLS

2 whole chicken breasts, split, skinned and boned
1 (4 oz.) can whole green chili peppers
4 tsp. chopped olives
½ c. shredded Monterey Jack cheese
1 egg, slightly beaten
1 c. crushed tortilla chips
¼ c. vegetable oil
1 env. enchilada sauce mix
½ c. water
1 (16 oz.) can tomatoes
½ c. shredded Cheddar cheese

Cut chicken breasts in halves. Pound chicken breasts to flatten. On each breast, put ¼ of chili pepper, 1 teaspoon chopped olives and 1 tablespoon Monterey Jack cheese. Roll up the breasts tightly and secure with toothpicks. Dip each roll into egg, then into crushed chips to coat. Heat oil in skillet and brown chicken rolls lightly. Place rolls in a shallow casserole dish. Prepare enchilada sauce according to package direc-

tions, only using ½ cup water and cut up whole canned tomatoes. Pour sauce over chicken rolls. Bake at 350° for 35 to 40 minutes. Sprinkle Cheddar cheese over top and bake an additional 5 minutes or until cheese is bubbly. Yield: 4 servings.

Dorothy Neely

CHICKEN CASSEROLE

1 pkg. MJB wild and white rice, cooked as directed
2 cans boned chicken or 2 full c.
1 green pepper
1 c. celery, chopped
1 small onion, chopped
1 can water chestnuts, sliced
2 cans cream of chicken soup
¾ c. mayonnaise

Mix well. Pour into 9x12 inch pan. Let stand overnight. Before baking, put layer of crushed potato chips on top. Bake at 350° for 1 hour.

Margaret Aarde

PARTY CHICKEN WINGS

2½ lb. disjointed chicken wings
½ can (small) concentrated orange juice
¼ c. soy sauce
Dash of garlic powder
2 Tbsp. sugar
2 Tbsp. lemon juice
¼ tsp. ginger
¼ tsp. Accent (MSG)

Take tips off wings and cut other pieces apart. Stir this all together and drizzle over wings. Bake at 350° for 1½ hours.

I found turning once during baking makes them more juicy.

Margaret Aarde

TERIYAKI CHICKEN WINGS

2½ lb. chicken wings
4 Tbsp. saki or 3 Tbsp. bourbon
½ c. sugar
¾ c. soy sauce
½ tsp. garlic powder (or use crushed fresh)
½ c. water
1 tsp. grated fresh ginger root

Cut off tips of chicken wings; cut remainder in halves. In a bowl, mix the rest of the ingredients and pour over chicken wings in shallow baking pan, approximately 2½ inches deep. Bake 45 minutes at 325° or longer till thoroughly cooked. Turn chicken after 30 minutes in oven. Serve either hot or cold.

May Neal Hull

CHICKEN CHIMICHANGAS

2½ c. shredded or chopped cooked chicken
⅔ c. salsa
⅓ c. chopped onion
1 tsp. ground cumin
½ tsp. crushed oregano
½ tsp. salt
8 flour tortillas
¼ c. melted butter or margarine
1 c. shredded Cheddar or Jack cheese

Combine chicken, salsa, onion, cumin, oregano, and salt in saucepan; simmer 5 minutes or until most of the liquid is evaporated. Brush one side of the tortilla with butter. Spoon about ⅓ cup chicken mixture onto center of unbuttered side of tortilla. Top with 2 tablespoons of cheese. Fold 2 sides over filling; fold ends down. Place seam side down in baking pan. Bake for 13 minutes at 475° or until crisp and golden brown. Top with salsa ranchera before serving.

Dorothy Neely

PUMPKIN STEW IN PUMPKIN SHELL

1 medium pumpkin
2 lb. cubed pork shoulder
¼ c. flour
1¼ tsp. salt
¼ tsp. pepper
Dash of clove
1 (15 oz.) can spaghetti sauce with mushrooms
1 green pepper, cut into wedges

Cut lid from top of pumpkin. Scoop out seeds. Cut out and cube pumpkin meat, leaving ½ inch shell. Combine flour, salt, pepper, and clove; dredge pork cubes in mixture. Brown meat in its own fat. Add pumpkin, spaghetti sauce and green pepper. Pile all into pumpkin shell. Place pumpkin in pan with an inch of hot water. Cover with own lid; bake at 350° for 2 hours. Serves 6 to 8.

Mike Dore

FRIED RICE WITH PORK (CHINESE)

2 Tbsp. oil
1 large sliced onion
2 c. cubed cold roast pork
2 c. cooled, cooked rice
2 eggs, slightly beaten
1 tsp. soy sauce
½ tsp. salt
½ tsp. gourmet powder (Accent)

Heat oil in heavy frying pan; saute onion till brown. Add meat and rice; toss with fork until heated. Add eggs and seasonings. Continue to turn until eggs are cooked.

Penny Devine

EASY PIZZA DOUGH

1 pkg. dry yeast
3 shakes of salt
2¼ c. flour (or biscuit mix)
1 c. warm water
3 Tbsp. oil
Corn meal

Dissolve yeast in water; add salt and oil. Mix well. Add flour and enough corn meal to handle easily. Pat out flat on a greased pan with greased hands. Add favorite sauce and toppings; bake at 425° for 15 to 20 minutes.

Donna Jacob, Aunt Betty Everson, Penny Devine

VEGETABLE QUICHE

1 (10 oz.) pkg. frozen chopped broccoli and cauliflower, thawed and drained *(do not cook)*
½ c. chopped onion
½ c. chopped green pepper
1 c. shredded Cheddar cheese (about 4 oz.)
1½ c. milk
¾ c. Bisquick baking mix
3 eggs
1 tsp. salt
¼ tsp. pepper
½ c. fresh mushrooms or 1 small can (optional)

Heat oven to 400°. Lightly grease pie plate, 10 x 1½ inches. Mix broccoli, onion, green pepper, and cheese in the pie plate. Beat remaining ingredients until smooth, 15 seconds in blender on high speed or 1 minute with hand beater. Pour into pie plate. Bake until golden brown and knife inserted halfway between center and edge comes out clean, 35 to 40 minutes. Let stand 5 minutes before cutting. Makes 6 servings.

Michael and Sandra Petty

TOMATO MACARONI AND CHEESE

12 oz. whole wheat macaroni, cooked
1½ c. sugarless tomato sauce
1 c. grated Cheddar or Soy Cheddar
1 Tbsp. wheat germ
¾ c. sugarless mayonnaise
2 Tbsp. minced green onion
½ c. sliced ripe olives

Preheat oven to 350°. Butter a 2 quart casserole. Combine tomato sauce, ½ cup cheese, wheat germ, mayonnaise, and onion in saucepan. Cook over low heat until cheese is melted and mixture is well blended. Stir in olives and drained macaroni. Turn mixture into casserole. Top with remaining cheese. Bake, uncovered, about 20 minutes till golden brown. Serve with steamed green beans or broccoli.

Penny Devine, Dori Goodrich

EGG FOO YONG

3 eggs
1 c. bean sprouts, well drained
½ c. chopped cooked pork*
2 Tbsp. chopped onion
1 Tbsp. soy sauce
2 Tbsp. oil

Sauce:

1 tsp. cornstarch
1 tsp. vinegar
1 tsp. sugar
2 Tbsp. soy sauce
½ c. water (chicken stock is better)

Combine sauce and cook until thick. Keep warm. Heat 2 tablespoons oil in a large skillet. Beat eggs until very thick and lemon colored. Stir in bean sprouts, meat, onion, and soy sauce. Pour ¼ cup mixture at a time into skillet. Push cooked egg up over meat to form a patty. When set, turn and brown other side. Serve with sauce.

* Variations: Chicken, turkey, bacon, ham, or shrimp.

Dorothy Neely

ENCHILADAS ACAPULCO

Fry 12 corn tortillas quickly on both sides in hot oil. Drain and keep warm in covered dish.

Sauce:

1 qt. chicken broth
6 Tbsp. mild chili powder
¼ tsp. garlic salt
¼ tsp. cumin
2 Tbsp. cornstarch in 1 Tbsp. cold water

Filling:

3 c. cooked chicken
¾ c. chopped ripe olives
½ c. shredded cheese
½ c. sauce

Garnish:

1 c. shredded cheese
1 pt. sour cream
6 chopped green onions

Bring sauce ingredients, except cornstarch, to a boil. Mix cornstarch in water; stir into sauce and stir 1 minute till thickened. Dip tortillas in hot sauce; put filling in each one and roll up. Place side by side in 13x9x2 inch pan; sprinkle with cheese and heat in 350° oven 10 minutes. Spoon rest of sauce over all; top with sour cream and chopped onions. Serve.

Lynn Hicks

ENCHILADA PIE

1 lb. ground beef
Dash of garlic powder
1 Tbsp. chili powder
1 small can ripe olives
1 onion, diced
Salt and pepper to taste
1 can tomato sauce
½ lb. grated cheese

Grease 2 quart casserole. Butter lightly 6 tortillas. Between tortillas, add meat sauce and cheese. Add ½ cup water. Cover and bake in 400° oven for 30 minutes. Serves family of 5.

Carol Moran

WAIKIKI MEATBALLS

1½ lb. ground beef
⅔ c. cracker crumbs
⅓ c. minced onion
1 egg
1½ tsp. salt
¼ tsp. ginger
¼ c. milk
1 Tbsp. shortening
2 Tbsp. cornstarch
1 (13½ oz.) can pineapple tidbits, drained (reserve syrup)
½ c. brown sugar, packed
⅓ c. vinegar
1 Tbsp. soy sauce
⅓ c. chopped green pepper

Mix thoroughly beef, crumbs, onion, egg, salt, ginger, and milk. Shape mixture by rounded tablespoonfuls into balls. Melt shortening in large skillet; brown and cook meatballs. Remove meatballs; keep warm. Pour fat from skillet.

Mix cornstarch and sugar. Stir in reserved pineapple syrup, vinegar and soy sauce until smooth. Pour into skillet; cook over medium heat, stirring constantly until mixture thickens and boils. Boil and stir 1 minute. Add meatballs, pineapple tidbits and green pepper. Heat through. Makes 6 servings.

Eleanor Miller

CORNED BEEF DINNER, IRISH STYLE

1 (3 to 4 lb.) beef brisket
2 onions, sliced
2 cloves garlic, minced
6 cloves, whole
2 bay leaves
6 potatoes, pared
6 small carrots, pared
6 small onions
1 medium cabbage, cut in wedges

Place brisket in Dutch oven and barely cover with hot water; add onion, garlic, cloves, and bay leaves. Cover and simmer (do not boil), 1 hour per pound of meat. Remove meat from liquid; add potatoes and carrots. Cover. Bring to boiling and cook 10 minutes. Add cabbage wedges and whole onion; continue cooking 20 minutes longer or until vegetables are done.

Horseradish Sauce:

1 (8 oz.) pkg. cream cheese
2 to 3 Tbsp. horseradish

Soften cream cheese and fluff it with an electric mixer. Beat in horseradish. Makes 1½ cups.

Penny Devine

TOP SECRET MEATBALLS

Meatballs:

¾ lb. ground meat
¼ lb. pork sausage
¾ c. rolled oats
½ c. milk
¼ c. chopped chestnuts
1 Tbsp. Worcestershire sauce
½ tsp. onion salt
½ tsp. garlic salt
Tabasco sauce (optional)

Shape into small balls; place in oven at 425° for about 15 minutes. Drain.

Sauce:

1 c. sugar
¾ c. vinegar
1 tsp. paprika
2 Tbsp. cornstarch
1 Tbsp. cold water

Combine all, except for water and cornstarch. Blend preceding other ingredients; cook till slightly thickened. Pour over meatballs. Place in oven at 250° to 300° for 40 to 50 minutes. *Enjoy.*

Betty Tipton

NUT BURGERS

12 oz. walnuts
1 lb. cottage cheese
1 (15 oz.) box crackers
1 large onion
1 doz. eggs
3 cans mushroom soup
1½ c. milk
Seasonings: Salt, pepper, basil, chives, thyme, etc. (optional)

Fine grind nuts and crackers; combine. Add finely chopped onion and cottage cheese. Mix. Add eggs. Mixture is moist and sticky. Shape into palm size patties and fry on medium low heat (with lid on) until golden brown on both sides. Place side by side in large baking pan and cover with mushroom gravy (soup and milk blended). Bake, covered, at 350° for 20 minutes. Patties also good straight from pan.

This recipe makes about 2 dozen patties. To make less, use equal parts of all ingredients and fewer eggs.

Linda Sue Nelson

CORN MUFFIN HOT DISH

1 lb. ground beef
1 large onion
1 can tomato soup
1 can niblet corn
1 pkg. corn muffin mix

Mix and place in 9x11 inch pan. Bake at 350°, *covered*, for 1 hour. Spread muffin mix on top and bake at 425° for about 20 minutes, uncovered. Cut and serve.

Adding celery or any other vegetable extends and makes it still better. Wonderful for potlucks.

Marguerite Kueckelhan

SPAGHETTI PIE

6 oz. spaghetti
1 lb. ground beef
¼ c. chopped celery
15½ oz. prepared spaghetti sauce
2.5 oz. can or jar mushrooms, drained
2 eggs, slightly beaten
½ c. grated Parmesan cheese
½ tsp. garlic salt

Heat oven to 350°F. Grease 10 inch pie pan or 9 inch square pan. Cook spaghetti to desired doneness as directed on package; drain. Set aside.

In large skillet, brown ground beef with celery; drain. Stir in prepared spaghetti sauce and mushrooms. Simmer 15 minutes. Combine cooked spaghetti, eggs, ¼ cup Parmesan cheese, and garlic salt; toss lightly. Place spaghetti mixture in prepared pan. Press evenly over bottom and up sides of pan, forming a crust. Pour meat mixture over spaghetti. Sprinkle with remaining Parmesan. Bake at 350°F. for 25 to 30 minutes. Makes 6 servings.

Mike Dore

SPAGHETTI PIE

6 oz. spaghetti
2 Tbsp. butter
⅓ c. Parmesan cheese
2 well beaten eggs
1 lb. ground beef (or sausage)
½ c. chopped onion
¼ c. chopped green pepper
1 (8 oz.) can cut up tomatoes
1 (6 oz.) can tomato paste
1 tsp. sugar
1 tsp. oregano
½ tsp. garlic salt
1 c. (8 oz.) cottage cheese
½ c. (2 oz.) shredded Mozzarella cheese

Cook the spaghetti according to package directions. Drain (3¼ cups). Stir butter into hot spaghetti. Stir in Parmesan cheese and eggs. Form spaghetti mixture into a "crust" in a buttered 10 inch pie plate.

In skillet, cook meat, onion and green pepper till vegetables are tender and meat is browned. Drain off excess fat. Stir in undrained tomatoes, tomato paste, sugar, oregano, and garlic salt. Heat through. Spread cottage cheese over bottom of spaghetti "crust." Fill pie with tomato mixture. Bake, uncovered, in 350° oven for 20 minutes. Sprinkle Mozzarella cheese on top. Bake 5 minutes longer.

Suzahn Cox, Margaret Aarde

"COUSIN" DAVE BURGERS

4 unsliced hoagie rolls
1 lb. lean hamburger meat
8 slices bacon
8 slices American cheese
2 tomatoes
Tabasco sauce
1 Tbsp. dried onion flakes
Mayonnaise
Mustard

Heat oven to 350°. Cook bacon; drain. Cook hamburger until crumbly. Shake 3 drops of Tabasco and onion flakes into hamburger. Remove from heat. Slice the tops of each hoagie roll; scoop out the bread from the center. Freeze bread for later use. Spread mayonnaise and mustard to taste on the inside of each roll. Fill each roll with meat. On the top of each, put 2 slices of tomato, 2 slices cheese and 2 slices bacon. Put tops back on rolls. Bake on cookie sheet, 8 to 10 minutes or until cheese melts. Slice sandwiches in halves; put a tape in the VCR and enjoy.

Michael and Sandra Petty

SLOW OVEN SHORT RIBS

2 to 3 lb. short ribs
½ c. flour
½ tsp. salt
Small amount oil for browning
1 can tomato soup
½ to ¾ c. catsup
1 tsp. chili con carne powder
2 Tbsp. molasses

Try to pick out lean short ribs; trim excess fat. Place flour and salt in bag; add ribs and shake well. Put small amount of oil in pan; brown ribs on all sides. Mix tomato soup, catsup, chili powder, and molasses; pour over browned ribs, which can be put in a different pan to eliminate excess fat. Bake 4 hours at 250°F. The slow oven makes for a delicious meal.

Florence Bigelow

BBQ SPARERIBS

4 lb. spareribs
2 Tbsp. vinegar
2 Tbsp. A.1. Sauce
½ tsp. pepper
1 tsp. prepared mustard
½ c. chopped onion
1½ c. ketchup
1 c. honey
2 cloves garlic (or tsp. garlic salt)
½ tsp. salt

Simmer ribs ½ hour in salted water. Mix other ingredients over low heat for 5 to 7 minutes. Pour sauce over drained and trimmed meat in baking pan. Bake at 400° for 45 minutes until tender, basting every 10 minutes.

Larry Mayes, Penny Devine

MICROWAVE MEATLOAF

⅔ c. dry bread crumbs
1 c. skim milk
1½ lb. lean ground beef
2 eggs, beaten
½ c. bar-b-que sauce
¼ tsp. pepper
½ tsp. rubbed sage

This is a diabetic recipe. Create your own favorite meatloaf, but follow these instructions. Blend all ingredients, except meat. Crumble meat in bowl and mix all. Place a small custard cup, upside down, in a glass baking dish. Form meatloaf around the glass. Cook in the microwave on HIGH for 12 to 14 minutes until meat is completely cooked. Let set.

During the setting time, the grease will suction up under the glass and you have a grease free meatloaf. Be careful not to disturb the glass when you are cutting it to serve. Lift out onto a serving dish. Serves 8.

Mike Dore

MICROWAVE SPICY SAUSAGE SAUTE

3 Tbsp. butter or margarine
4 tsp. curry powder
1 large white onion, cut in wedges and layers separated
1 large green pepper, seeded and cut into 1 inch squares
1 to 1¼ lb. cooked sausages (Polish, knackwurst, bratwurst, smoked sausage links), cut into ½ inch slanting slices
2 tomatoes, cut into wedges
1 lb. applesauce, chilled
Ground cinnamon

Microwave a 10 inch browning dish on HIGH for 4 minutes. Carefully remove dish (the bottom is very hot) to a heat proof surface. Add butter and curry powder; stir until butter is melted. Add onion and green pepper, stirring to coat with curry butter. Microwave, uncovered, on HIGH for 3 minutes. Stir in sausage slices. Cover and microwave on HIGH for 4 minutes, stirring after 2 minutes. Stir in tomato wedges. Microwave, covered, on HIGH 2 minutes. Let stand, covered, 5 minutes. Stir well. Spoon applesauce into a serving bowl; sprinkle lightly with cinnamon. Makes 4 servings.

M. Dore

BEEF STROGANOFF

1 lb. beef tenderloin or beef sirloin (½ inch thick)
2 Tbsp. butter
½ lb. mushrooms, washed, trimmed and sliced
1 medium onion, chopped
1¼ c. water (total)
1 beef bouillon cube
1 clove garlic, minced
1 tsp. salt
¼ tsp. pepper
3 Tbsp. flour
1 c. sour cream
4 c. cooked, hot noodles

Cut beef across the grain into ½ inch strips, about 1½ inches long. Melt butter in large skillet. Add mushrooms and onion; cook until tender. Remove from skillet. In the same skillet, cook beef until light brown. Stir in ¾ cup water, bouillon cube, garlic, salt, and pepper. Cover and simmer for 20 minutes. Blend ½ cup cold water and flour together until smooth. Stir into beef mixture. Use a wire whip to eliminate lumping. Heat until mixture thickens and boils; stir constantly. Add mushrooms and onion. Boil and stir for 1 minute. Reduce heat; stir in sour cream. Heat through. Serve over hot noodles. Serves 4.

Jean R. Huss

AMERICAN POT ROAST

2 lb. eye of roast beef
1 Tbsp. oil
2 cloves garlic, minced
4 carrots, peeled and sliced
2 onions, sliced
¾ c. to 1 c. beef broth
½ tsp. salt
1 bay leaf
1 Tbsp. Dijon mustard

1. In a heavy Dutch oven or casserole, brown meat on all sides in oil.
2. Sprinkle with garlic after browning.
3. Add sliced carrots and onion to pan.
4. Add beef broth. Cover with lid.
5. Cook meat in oven at 325°F. for about 1½ hours or until tender.
6. Remove meat and vegetables; place on platter.
7. Strain remaining juices from pan. Simmer until reduced to half.
8. Add mustard and whisk constantly until sauce is heated.

Virginia Taylor (Jinny)

CHINESE POT ROAST

4 lb. chuck pot roast
1 clove garlic, minced
1½ tsp. minced ginger root
¼ tsp. heong liu (5 spice powder)
1 tsp. salt
2 Tbsp. brown sugar
1 Tbsp. sherry
½ c. soy sauce
2 Tbsp. salad oil
1½ c. water
3 carrots
1 onion
3 potatoes
1 stalk celery, sliced
2 Tbsp. cornstarch
2 green onions, chopped

Put meat into sheet cake pan in which you have combined garlic, ginger, 5 spice powder, and salt; rub over roast. Pour over roast the sugar, sherry and soy sauce, mixed together. Heat a large skillet; add oil. Remove roast from marinade and brown in skillet. Pour marinade over roast and add 1¼ cups water. Cover and simmer 2 hours or more (250° for 10 hours).

Pare carrots, onion and potatoes; cut into serving pieces. Add to roast and simmer 30 minutes or until tender. Remove roast and vegetables to serving platter. Combine cornstarch with remaining ¼ cup water and add green onions. Stir into juice left in skillet and cook until thick. Pour over roast and vegetables; serve with rice.

Mary Lou Spear

QUICK TO FIX BEANS, SAUSAGE AND PINEAPPLE

2 can B&M beans
1 medium can crushed pineapple
1 kielbasa (I use Hillshire Farms brand)

Boil kielbasa to get grease out of it. When cool, slice into bite-size pieces and mix with beans and pineapple. Heat and serve.

Jeanie Coen

MISSISSIPPI RIVER CALICO BAKED BEANS

1½ lb. ground beef
½ lb. bacon
1 onion
¾ c. ketchup
½ tsp. salt
¾ c. brown sugar
1½ tsp. mustard
1 Tbsp. vinegar
1 lb. 12 oz. can baked beans
2 cans kidney beans
2 cans lima beans

Brown beef and drain. Cut bacon in small pieces and brown. Remove from pan; drain, leaving enough to saute onion. When onion is soft, combine all of preceding. Add ketchup, ½ teaspoon salt, ¾ cup brown sugar, mustard, vinegar, baking beans, kidney beans, and limas (drain kidney and limas). Makes large amount. Put into two 1½ quart casseroles. Cook both; freeze one for later. Cook in 350° oven for 35 to 40 minutes. Be sure bubbly hot when served.

For a large crowd or a picnic/potluck, a large crock pot or deep fryer works very well for the full recipe.

May Neal Hull

PINTO BEAN STEW

2 c. pinto beans, soaked overnight in 8 c. water
3 to 4 medium size onions, chopped
¼ c. butter or margarine
2 zucchini, sliced
2 stalks broccoli, peeled and sliced with flowerets
4 stalks celery, thinly sliced
4 large tomatoes, chopped
½ c. millet
1 tsp. sea salt
1½ tsp. pepper
4 carrots, thinly sliced
½ c. long grain brown rice
3 tsp. vegetable salt
¼ stick butter

Cook beans in water about an hour till soft. Brown onions in ¼ cup butter. Add carrots and celery to coat. Add to beans with rice. Cook about 30 minutes. Add millet, rest of vegetables, spices, and ¼ cup butter. Cook about 30 more minutes. Add water if necessary.

Penny Devine, Dori Goodrich

SWEET AND SOUR BAKED BEANS

1 c. chopped onion
1 clove garlic, minced
2 Tbsp. oil
1 c. chopped celery
¼ c. dark brown sugar
¼ c. dark molasses
1 (15 oz.) can tomato sauce
½ c. chili sauce
1 tsp. natural hickory seasoning (optional)
1 tsp. salt
¼ tsp. pepper
2 dashes of Tabasco sauce
1 lb. navy beans, cooked and drained
1 (13½ oz.) can pineapple chunks, drained and cut in half
½ c. chopped sweet pickles
¼ c. sliced stuffed olives

Saute onion and garlic in oil. Stir in next 9 ingredients and simmer for 20 minutes. Combine with cooked navy beans, pineapple, pickles, and olives. Turn into a 3 quart casserole; cover. Bake at 350° for 1 hour. Uncover; bake 15 minutes. Yield: 8 to 10 servings.

Dorothy Neely

CHILI CON CARNE

2 Tbsp. oil
1 lb. lean ground beef
2 medium onions
1 can tomatoes
1 can kidney beans
1 tsp. salt
½ tsp. red chili peppers
1 tsp. chili powder
1 Tbsp. sugar
3 Tbsp. vinegar

In skillet, brown ground beef and onions in oil. Add to balance of ingredients in large pot. Simmer slowly 1 to 2 hours. Remove red chili peppers before serving. Correct seasonings to your taste if necessary.

Dorothy Neely

CASHEW CHILI (MEATLESS)

2 to 3 cans kidney beans
4 medium onions, chopped
2 green peppers, chopped
2 stalks celery, chopped
3 cloves garlic, chopped
1 tsp. dried basil
1 tsp. oregano
Salt and pepper to taste
1 Tbsp. chili powder
1 tsp. ground cumin
1 (32 oz.) can stewed tomatoes
1 bay leaf
1 c. cashews
Handful of raisins
¼ c. red wine vinegar

Saute onions, peppers, celery, and garlic in oil. Add spices and stir. Add tomatoes and bay leaf. Cover and simmer 1 hour. Add beans, cashews and raisins. Heat through (don't cook long). Add vinegar to taste and serve.

Beverly R. Reed

CURRY

2 to 4 lb. cooked, cubed meat (chicken, pork, lamb, turkey, etc.)
2 onions, chopped
2 apples, chopped
6 Tbsp. butter
1½ Tbsp. curry powder
1 tsp. ginger
1 tsp. chili powder
1 tsp. pepper
1 Tbsp. catsup

Saute onions and apples in butter. Sprinkle with spices. Add catsup and meat. Add enough liquid to mixture to keep from burning. Simmer gently 30 minutes. Serve with rice and condiments.

Condiments may include: Chopped cooked bacon, nuts, chutney, orange slices, coconut, raisins, etc.

Pam Bigelow

ELEPHANT STEW

1 medium size elephant
2 rabbits (optional)
Salt and pepper to taste
Lots of brown gravy

Cut the elephant into small bite-size pieces. This will take you about 2 months. Reserve the trunk; you will need something to store the pieces in. Add enough brown gravy to cover. Cook over kerosene fire about 4 weeks at 465°. This will serve 3,800 people. If more are expected, the 2 rabbits may be added. But do this only if necessary, as most people do not like to find hare in their stew.

A Unity Missionary

CABBAGE PATCH STEW

½ lb. lean ground beef
2 Tbsp. oil
2 medium onions, thinly sliced
1 c. shredded cabbage
½ c. diced celery
2 c. water
15 oz. can kidney beans (undrained)
1 c. chopped, cooked tomatoes
Salt and pepper to taste
1 tsp. chili powder

Brown beef in hot oil; add cabbage, onion and celery. Cook until just tender. Add water; simmer over low heat 15 minutes. Add beans, tomatoes and seasonings; simmer over low heat 15 minutes. Yield: 6 servings.

Dorothy Neely

"SLUM"

1 lb. ground beef
6 slices bacon or more
1 large onion
1 green pepper
2 to 3 potatoes, depending upon size
1 can whole kernel corn
1 large can tomatoes
1 (8 oz.) can tomato sauce
6 Tbsp. Worcestershire sauce (or to taste)
Tomato juice (may be used to taste, also)

Brown meats; drain fats, leaving a small amount to lightly brown onion and green pepper. Combine with rest of ingredients in a large pot and simmer for a long time to let flavors blend. Put Worcestershire sauce in last. Adjust to taste.

This recipe was developed by the mother of a large family and makes a robust hot dinner. Especially good served with hot corn bread!

May Neal Hull

LINGUINI WITH CLAM SAUCE

2 small cloves garlic, minced
1 to 2 Tbsp. olive oil
2 to 3 scallions, finely chopped
1 c. half & half
2 (6½ oz.) cans clams (save juice)
1 c. fresh parsley, finely chopped
1 c. fresh grated Parmesan cheese
8 oz. linguini noodles
Salt and pepper to taste

Saute garlic and scallions in olive oil until soft. Add clam juice from canned clams and half & half. Simmer until reduced and thickened, 8 to 10 minutes. Stir in clams and parsley; simmer another 5 minutes. Add cheese; stir and add salt and pepper to taste. Cook the linguini in boiling, salted water and drain. Heat sauce through and mix hot linguini. Serve immediately, piping hot. Serves 4 to 6.

Elaine Nunneh

FISH AND CHIP BATTER

2 c. flour
1 tsp. soda
1 tsp. salt
½ tsp. pepper
Few dashes of seasoned salt (if desired)
2 eggs
Enough milk to make a batter (thick like waffle batter)

Cut up fish in small cubes; dip in batter. Fry till brown in hot oil.

This was served in Gladys' cafe next to the Capitol Theater in the 1950's.

Gladys Devine

OYSTERS WESTERLY

1 large pkg. chopped spinach
1 qt. small oysters
1 pt. salsa (to taste)
1½ c. shredded sharp Cheddar cheese
1 box croutons
13x9 inch baking dish

Defrost and squeeze spinach dry and line bottom of greased baking dish. Drain oysters and mix with salsa; pour over the spinach. Sprinkle croutons over oyster-salsa mixture. Sprinkle cheese over all. Bake at 350° for 45 minutes and serve. Serves 8 people generously, with green salad on the side.

Jeanne Cox

SEAFOOD SOUFFLE

8 slices French bread, trimmed and diced
2 c. crabmeat or salmon
1 small onion, chopped
1 c. celery, chopped
½ c. mayonnaise
1 green pepper, chopped
½ c. sliced almonds
4 eggs
3 c. milk
1 c. mushroom soup
½ to 1 c. shredded sharp cheese
⅓ tsp. pepper

Put 4 slices bread in greased baking dish. Mix fish, onion, celery, mayonnaise, green pepper, and almonds; pour over bread. Top with rest of bread. Mix eggs and milk. Pour over casserole; refrigerate overnight. Bake 15 minutes at 325°F. Spoon over top 1 can mushroom soup. Top with shredded cheese and black pepper. Bake 1¼ to 1½ hours at 325°F. Serves 10.

Orlena Harsch

SHRIMP-RICE CASSEROLE

3 c. milk
1½ c. cooked rice
1 can tiny shrimp
3 eggs
1½ c. grated medium Cheddar cheese
⅛ tsp. pepper
⅛ tsp. paprika
½ tsp. salt
⅓ c. bread crumbs (on top)
Can mushroom soup (optional for serving)

Mix preceding ingredients, except soup. Pour into greased casserole or 9x13 inch pan. I place casserole in a large pan of water for baking. Top with soup for serving. *This is a delicious luncheon dish.*

Florence Bigelow

CHEESE CRABMEAT CASSEROLE

3 slices bread
1 Tbsp. soft butter
1 tsp. grated onion
¼ c. dried mustard
1 c. canned milk
⅔ c. water
¼ c. chopped olives
1 c. crabmeat, flaked
1 c. shredded cheese
2 eggs, beaten

Remove crusts from bread. Spread bread with butter and cut into cubes. Place half of bread in greased casserole; cover with crabmeat. Sprinkle half of cheese over crab, then scatter half of olives over cheese. Top with remaining bread, cheese and olives. Add milk, water, onion, and mustard to beaten eggs. Pour over ingredients in baking dish; let soak in. Bake in moderate oven, 350° about 40 minutes. Knife will come out clean when done.

Bunny Nelson

TUNA PIE

1 (10 oz.) tube buttermilk flaky biscuits
2 c. shredded Cheddar cheese, divided
1 (7 oz.) can tuna, drained and flaked
1 c. thin celery slices
1 c. mayonnaise
1 green onion, thinly sliced
2 Tbsp. chopped parsley
½ tsp. dill weed
½ tsp. Beau Monde
1 tomato, thinly sliced

Butter a 9 inch pie plate. Divide buttermilk biscuits in halves and line pie plate with biscuits. Press biscuits together to form a pie shell. Bake shell for 5 minutes in 350° oven.

Combine 1 cup cheese and rest of ingredients, except tomatoes. Mix gently so tuna will not mash. Spread tuna mixture over biscuits and return to oven for 20 minutes. Remove and sprinkle with 1 cup cheese; top with sliced tomatoes. Return to oven until cheese is melted, 5 minutes.

Margaret Aarde

CHINESE HASH

1 lb. hamburger
1 small onion, chopped
1 c. chopped celery
1 can cream of chicken soup
1 can cream of mushroom soup
1½ soup cans water
1 c. cooked rice
¼ c. soy sauce
1 can Chinese noodles

Fry hamburger, onion and celery until crumbly. Add next 5 ingredients. Mix well. Cover and bake 30 minutes at 350°. Add 1 can Chinese noodles on the top. Bake, uncovered, for about 20 minutes longer.

If you wish, add more cooked rice to the recipe. You can also add 1 can bean sprouts or Chinese vegetables to this dish. Very good warmed over.

Dorothy Neely

HOMINY CASSEROLE

1 lb. ground beef
2 cans hominy, drained
1 can (or jar) taco sauce
Grated Cheddar or Jack cheese
Corn chips

Season meat with salt and pepper; brown. Add hominy and taco sauce; cook together until meat is done. Layer in casserole with cheese and corn chips. Bake at 350° for 20 minutes.

Lonie Cox

BREAKFAST BRUNCH CASSEROLE

16 slices thinly sliced bread
8 slices cooked ham
8 slices cheese
¼ c. diced onion
¼ c. diced green pepper
6 eggs, beaten
½ tsp. salt
Pepper to taste
1 tsp. dry mustard
1 to 2 tsp. Worcestershire sauce
2 c. milk
½ c. butter, melted (optional)
1 c. crushed potato chips

Put 8 slices bread in bottom of greased 9x13 inch pan. Add ham and cheese slices. Top with 8 slices bread. Sprinkle onion and green pepper over top. Beat eggs and add salt, pepper, dry mustard, Worcestershire sauce, and milk. Pour over bread in pan. Cover and refrigerate overnight.

In the morning, melt butter and drizzle over all. Sprinkle potato chips on top. Bake at 350° for 1 hour. Yield: 8 servings.

Dorothy Neely

OVERNIGHT CASSEROLE

16 slices white bread, crusts trimmed off
Butter
2 c. celery
¼ c. chopped onion
1 can tuna
1 c. mayonnaise
5 eggs
4 c. milk
¼ tsp. salt
1 can cream of mushroom soup
Chinese noodles

Butter bread and place butter side down in 9x13 inch pan. Mix together and spread on bread, celery, onion, tuna, and mayonnaise. Place other 8 slices of buttered bread butter side up on top. Beat well and pour over casserole the eggs, milk and salt. Place in refrigerator overnight.

Next day, bake at 350° for 1 hour. Remove from oven and pour on top the mushroom soup; sprinkle on Chinese noodles. Bake for 15 minutes more. Serves 12 (3x3 inch) pieces.

Very good made with crab instead of tuna and topped with cashews.

Cathy Weaver

HAM AND CHEESE AND EGG CASSEROLE

1 c. ham
1 green pepper
¾ c. cracker crumbs
½ c. Cheddar cheese, shredded
1 can mushroom soup
1 c. milk
4 eggs

Beat eggs. Add soup and milk. Mix well. Add remaining ingredients. Butter a 9x9 inch baking pan. Bake at 350° for 1 hour.

This can be made ahead of time and served for Sunday brunch or late Saturday night dinner. Serve with fruit cup and bagels.

Evelyn Scott

SAUSAGE CASSEROLE

1 lb. crumbled, drained and fried sausage
1 c. uncooked rice
1 pkg. dry chicken noodle soup
Chopped celery to taste
Chopped onion to taste
Chopped green pepper to taste
3½ c. water

Mix all ingredients together; bake at 350° for 45 minutes.

Gladys Devine

WILD RICE CASSEROLE

1 c. hot drained wild rice (½ c. raw)
1 can tuna fish
Whites of 2 boiled eggs
1 can mushroom soup
½ tsp. curry powder
2 Tbsp. green pepper
2 Tbsp. pimiento

Topping:

Butter
Split salted almonds

Mix all together; sprinkle top with egg yolk. Bake 30 minutes at 350°. Serve with top dribbled with butter and split salted almonds.

Gladys Devine

DELICIOUS POTATO CASSEROLE

6 to 9 medium potatoes
¼ c. butter
1 can cream of chicken soup
1 pt. sour cream
½ c. chopped green onion
1 c. shredded Cheddar cheese

Cook potatoes with jackets on; peel and dice. Heat ¼ cup butter with chicken soup. Blend sour cream, onion and grated cheese into soup mixture. Place in 2½ quart casserole. Bake at 350° for 45 minutes. (Mix 2 tablespoons butter into crushed corn flakes and sprinkle on top if desired.) Cover with foil for first half of baking time.

May Neal Hull

ITALIAN CASSEROLE

8 oz. (approx. 4 c.) uncooked fettuccine noodles
1 lb. bulk mild Italian sausage
¼ c. chopped onion
1 (4 oz.) can sliced mushrooms
¼ c. mushroom liquid
2 Tbsp. chopped pimento stuffed olives
2 c. (½ lb.) shredded Cheddar cheese
1 (8 oz.) can pizza sauce
2 Tbsp. shredded Cheddar cheese

Cook noodles as directed on package; rinse and drain. In a skillet over low heat, cook sausage and onion until browned, breaking sausage into small pieces; drain well. Drain mushrooms, reserving ¼ cup liquid. In a mixing bowl, toss together noodles, sausage, onions, mushrooms, mushroom liquid, olives, 2 cups Cheddar cheese, and pizza sauce. Pour into 2 quart casserole; bake in preheated 375° oven, 20 to 25 minutes or until cheese melts and casserole is heated through. Sprinkle with 2 tablespoons Cheddar cheese for last 10 minutes of baking. Yield: 5 to 6 servings.

Dorothy Neely

FARMERS CHOW

7 slices bacon, cut up
1½ lb. hamburger
¼ c. diced green pepper
¼ c. minced onion
½ c. diced celery
1 (8 oz.) can baked or pork and beans
Ketchup (empty all old bottles)
Garlic to taste
2 Tbsp. vinegar
Mustard to taste
1½ Tbsp. brown sugar
Salt and pepper (as desired)

Fry bacon; drain. Add and brown burger. Add vegetables; cook till soft. Add rest; mix. Bake at 350° for 1 hour.

Larry Mayes, Penny Devine

Notes

BREADS, ROLLS, PASTRIES

YEAST ROLLS

1 c. warm water
4 pkg. dry yeast
2 Tbsp. sugar
4 eggs
1 c. sugar (less 2 Tbsp.)
4 tsp. salt
1 c. shortening
3 c. warm water
1½ c. whole wheat flour
9 c. white flour

Put 1 cup warm water in large bowl with dry yeast and 2 tablespoons sugar. After it starts "working," add 3 cups warm water, eggs, sugar, salt, and shortening. When well mixed, add wheat flour and 5 cups white flour. Mix well and add remaining flour. It will be sticky. Cover bowl and rise in closed oven (I leave the light on) for 1½ hours. Punch down and rise for ½ hour. Shape dough into rolls; put in greased pans. Cover and let rise 40 minutes on top of stove or in a warm place. Bake at 375° for 25 to 35 minutes. Yield: 32 large dinner rolls.

Jeanie Coen

CINNAMON ROLLS

5½ to 6 c. flour
2 pkg. yeast
1½ tsp. salt
1 c. milk
1 c. water
¼ c. margarine
2 eggs

Filling - Combine:

¾ c. sugar
½ c. nuts
1½ tsp. cinnamon
⅓ c. margarine

Glaze:

2 c. powdered sugar
½ tsp. maple flavor
3 tsp. margarine
3 to 4 tsp. hot coffee

In mixing bowl, add 2 cups flour, ½ cup sugar and salt. Heat milk, water and margarine to 120° to 130°. Add to flour and yeast mixture. Add eggs; beat 3 minutes. By hand, stir in remaining flour to make soft dough. Knead for 5 to 8 minutes. Place in greased bowl, turning to grease top. Cover. Let rise until doubled, about 1 hour. Prepare filling. Punch down dough; divide into ½. Roll or pat each ½ into 12x9 inch rectangle. Spread margarine and sprinkle with filling; roll and cut into 12 slices. Place in greased 9x13 inch pan. Cover and let rise 30 minutes. Bake at 375° for 25 to 30 minutes. Glaze while warm.

Elaine Nunneh

OATMEAL DINNER ROLLS

1¼ c. milk, scalded
⅓ c. shortening
⅓ c. sugar
2 tsp. salt
½ c. cold water
4½ to 5 c. sifted flour
2 pkg. dry yeast
1 egg
1½ c. quick or old-fashioned oats (uncooked)

Pour scalded milk over shortening, sugar and salt; stir to melt shortening. Add cold water and cool to lukewarm. Stir in 2 cups flour, yeast and egg; beat with rotary beater for 2 minutes. Add oats and enough additional flour to make a soft dough.

Turn out on lightly floured board or canvas; knead until smooth and satiny, about 10 minutes. Round dough into ball; place in greased bowl. Brush lightly with melted shortening. Cover. Refrigerate several hours or overnight. Punch down. Shape dough to form rolls. Place in greased muffin pans; brush with melted butter. Cover; let rise until double in size, about 1½ hours. Bake at 375° for 12 to 15 minutes. Yield: 3 dozen.

Dorothy Neely

MIKE AND SANDY'S VERY FAVORITE BANANA RAISIN NUT BREAD

⅓ c. softened butter
⅔ c. sugar
2 eggs
3 mashed bananas
1¾ c. sifted flour
1¼ c. raisins
2 tsp. baking powder
¼ tsp. baking soda
½ tsp. salt
1 tsp. vanilla
1 c. large walnut pieces

Cream the butter and sugar until light and fluffy. Add eggs and beat well. Add the bananas. Blend well. Sift together the flour, baking powder, baking soda, and salt. Gradually add to the batter. Mix well. Stir in the vanilla and the walnuts. Add the raisins. Pour into greased and floured baking pan; bake at 350° for about 1 hour or until lightly browned (toothpick should come out clean). Remove from pan and cool on wire rack.

Michael and Sandra Petty

BANANA NUT BREAD

½ c. oil
1 c. brown sugar
3 eggs
1 tsp. salt
⅔ c. milk
4 ripe bananas (1½ c.)
2 c. whole wheat pastry flour
1 tsp. soda
1 tsp. baking powder
1 tsp. vanilla
1 c. coarsely chopped nuts

Cream sugar and oil; add eggs and bananas. Sift dry ingredients together and stir into banana mixture adding alternately with milk. Add vanilla and nuts. Bake at 350° for 1 hour. A wooden pick or cake tester inserted in center should come out clean.

Dorothy Neely

BANANA ALL-BRAN NUT BREAD

¼ c. margarine, butter or oil
½ c. sugar
1 egg
1 c. All-Bran
1½ c. mashed bananas
1 tsp. vanilla extract
1½ c. flour
2 tsp. baking powder
½ tsp. salt
½ tsp. soda
½ c. chopped nuts

Cream sugar and margarine thoroughly. Add egg and beat well. Add All-Bran, bananas and vanilla. Sift flour, baking powder, salt, and soda together; add to first mixture with nuts, stirring only until flour disappears. Bake in greased loaf pan, with waxed paper in the bottom, in moderate oven (375°) about 1 hour. Yield: 1 loaf (4½ x 8½ inches).

Dorothy Neely

ZUCCHINI PINEAPPLE BREAD

3 eggs
¾ c. oil
1 c. sugar
2 c. shredded zucchini
1 (8 oz.) can pineapple, well drained
3 c. flour (½ white and ½ wheat)
2 tsp. soda
1 tsp. salt
½ tsp. baking powder
1½ tsp. cinnamon
¾ tsp. nutmeg
1 c. coarsely chopped walnuts (optional)

Beat eggs and add oil and sugar. Sift dry ingredients and add to egg mixture. Add rest of ingredients. Bake in 2 loaf pans at 350° for 1 hour. Check after 45 minutes. If using glass pans, reduce heat to 325°. Cool on rack.

Dorothy Neely

CASSEROLE RAISIN BREAD
(Trim calories at breakfast)

2 c. biscuit mix
⅓ c. dry oatmeal
1 tsp. baking powder
¼ tsp. salt
¼ c. raisins
1¼ c. skim milk
4½ tsp. sweetener

Combine biscuit mix, oatmeal, baking powder, salt, and raisins. Combine remaining ingredients; add to dry ingredients, all at once. Pour into a lightly greased 1 quart casserole. Bake in 350° oven for 30 minutes, maybe 60 minutes. Cool in casserole for 10 minutes; turn out on rack to cool completely. Makes 20 slices, each containing 78 calories.

Betty Tipton

BROWN SODA BREAD

5 c. whole wheat flour
2½ c. all-purpose flour
½ c. sugar
2 tsp. baking soda
1 tsp. salt
1 c. butter
2 eggs, well beaten
2¼ c. sour milk or buttermilk

Mix together the 2 flours, sugar, baking soda, and salt. Work in butter by hand. Mix eggs and sour milk. Make well in center of dry ingredients and add egg mixture, blending until a stiff dough is formed. Turn dough out on a floured board and knead well. Divide dough in half and shape into 2 round balls. Flatten tops and with pointed knife, cut an X about ½ inch deep into them. Put loaves on oiled baking sheet and bake in preheated 400° oven 45 to 50 minutes, until brown and baked through. Cool bread before slicing.

Penny Devine

BRAN BREAD

¾ c. brown sugar
6 c. flour (½ white and ½ whole wheat)
3 c. bran
1 tsp. salt
2 tsp. baking powder
1½ c. chopped nuts (optional)
1½ c. raisins or dates or combination
1 qt. buttermilk
2 tsp. soda

Combine all ingredients, except buttermilk, in large bowl. Add buttermilk, stirring only until flour disappears. Bake slowly (300°) for 2 hours. Check after 1½ hours. Makes 3 loaves.

Variation: When zucchini is available, add 2 or more cups grated. No adjustment necessary.

Dorothy Neely

APPLE (OR CARROT) MUFFINS

1 c. raw unfiltered honey
1 c. oil
4 eggs
2½ c. whole wheat flour
2 tsp. baking powder
½ tsp. sea salt
1 tsp. allspice
1 tsp. nutmeg
1 tsp. cinnamon
½ c. noninstant dry milk powder
2 large apples, grated (or 2 carrots, grated)
1 tsp. vanilla
1 c. chopped nuts

Beat honey, oil and eggs. Mix dry ingredients and add to honey mixture. Stir well. Fold in apples, vanilla and nuts. Bake at 400° for 12 to 15 minutes. Remove from muffin tins and cool. Makes over 2 dozen.

Penny Devine, Dori Goodrich

BLUEBERRY MUFFINS

½ c. butter or margarine
1 c. granulated sugar (or less)
2 large eggs
1 tsp. vanilla
2 tsp. baking powder
¼ tsp. salt
2½ c. fresh blueberries or unthawed frozen berries
2 c. flour
½ c. milk
1 Tbsp. sugar
½ tsp. ground nutmeg

Cream butter or margarine and sugar until pale and fluffy. Add eggs, beating after each addition. Beat in vanilla, baking powder and salt. Mash ½ cup blueberries and stir into batter. With rubber spatula, fold in half of the flour alternating with half of the milk. Repeat with remaining flour and milk. Gently fold in whole blueberries. Divide mixture evenly into 10 large or 18 regular oiled muffin pan. Mix 1 tablespoon sugar and nutmeg; sprinkle ¼ teaspoon on each muffin. Bake at 375° for 25 to 30 minutes for large muffins, 15 minutes for regular.

Dorothy Neely

SIX WEEK BRAN MUFFINS

7 c. raisin bran flakes
5 c. all-purpose flour (unsifted)
2 c. sugar
5 tsp. soda
2 tsp. salt

Add:

4 c. milk blended with 2 Tbsp. vinegar
1 c. vegetable oil
½ c. molasses or dark Karo
4 beaten eggs

Mix first 5 ingredients *well.* Combine oil, molasses and egg; add to milk. Add liquid mix to dry ingredients. Store, covered, in refrigerator until ready to use. Bake at 400° for 15 to 20 minutes. Half the recipe lasts for sometime if you have small family.

Florence Bigelow

BRAN MUFFINS

2 c. cooking bran
¼ c. wheat germ
2 c. boiling water
1 c. white sugar
¾ c. molasses *or* 1 c. brown sugar
4 eggs
1 c. vegetable oil
1 qt. buttermilk
5 c. flour
1 tsp. salt
3 Tbsp. soda
4 c. All-Bran or Bran Flakes cereal
2 c. raisins
1 c. nuts

1. Pour boiling water over cooking bran and wheat germ. Mix together and set aside.
2. Cream sugar, molasses, eggs, and vegetable oil together.
3. Add creamed mixture to bran mixture.
4. Mix in buttermilk.
5. Add and stir in flour, salt, soda, dry cereal, raisins, and nuts.
6. Leave in refrigerator overnight.
7. Bake at 350° for 20 minutes in muffin pans. Makes about 1 gallon batter. Will keep 6 weeks in refrigerator.

Robyn Tsuji

WHOLE WHEAT CORN BREAD

2 eggs
1½ c. milk
4 Tbsp. vegetable oil
1 c. corn meal
1 c. whole wheat flour
1 Tbsp. baking powder
½ tsp. salt

Mix together the liquid ingredients. Combine the dry ingredients (sift together if you wish); add to the liquid ingredients and mix well. Batter will be thin. Bake in a greased pan at 450° for 10 minutes, then at 350° for 15 minutes. If muffins are desired, bake at 400° for 20 to 25 minutes.

Ruth Gregory

OATMEAL-BLUEBERRY MUFFINS

1 c. plus 2 Tbsp. all-purpose flour
6 oz. (2 c.) uncooked quick or old-fashioned oats
⅓ c. plus 1 Tbsp. granulated sugar, divided
1 Tbsp. double acting baking powder
½ tsp. salt
1 c. skim milk
1 egg
¼ c. vegetable oil
1 c. blueberries (fresh or frozen)
1 tsp. cinnamon

1. Preheat oven to 425°. Line twelve 2½ inch diameter muffin cups with paper baking cups. Set aside.

2. Combine flour, oats, ⅓ cup sugar, baking powder, and salt.

3. In a small bowl, using a fork, combine milk, egg and oil; add to flour mixture and beat until all ingredients are blended. Fold in blueberries. Fill each baking cup ⅔ full.

4. Combine remaining tablespoon of sugar with cinnamon and sprinkle on muffins. Bake 20 to 25 minutes until lightly browned and a toothpick comes out clean.

Robyn Tsuji

HONEY CORN BREAD

1 c. yellow corn meal
1 c. whole wheat flour
½ tsp. sea salt
1 tsp. baking powder
1 tsp. baking soda
Slightly less than ¼ c. raw unfiltered honey
1 egg
1⅞ c. buttermilk

Preheat oven to 375°. Heavily butter an 8x8 inch pan. In large bowl, combine dry ingredients. Stir in liquid ingredients. Mix lightly. Batter will be a bit lumpy. Pour into pan. Bake approximately ½ hour until golden. Test with toothpick to be sure it comes out clean.

Penny Devine, Dori Goodrich

MOLASSES QUICK BREAD

3 c. whole wheat flour
1 c. buttermilk
1 tsp. baking soda
1 c. raisins
1 c. chopped nuts (I used walnuts)
1 c. molasses

Mix ingredients all together in a large mixing bowl until well blended. Pour into a well greased pan and bake at 325° for approximately 1 hour. Be sure to check doneness. Take immediately from the pan and place on a wire rack.

This bread can be labeled "quick." It does not contain yeast and it does not contain any sugar or eggs. The sugar is replaced by the molasses and the usual white flour is replaced with whole wheat flour. Makes 1 loaf.

This will remind you of Brown Bread. Very good warmed and topped with cream cheese. Makes a nice breakfast bread or good with beans.

Betty Tipton

BAKING POWDER BREAD

4 c. flour, rounded
9 tsp. baking powder
1 egg
2 c. water (approx.)
1 Tbsp. sugar
½ tsp. salt

Sift dry ingredients together. Beat egg in water; add gradually to flour. Bring mixture to thick consistency. Pour into standard loaf pan. Let rise ½ hour. Bake 1 hour in 350° oven.

Denzel Scott

RHODES FROZEN ROLLS

1 pkg. rolls, cut in halves
1 small pkg. butterscotch pudding (dry, regular)
1 c. brown sugar
1 tsp. cinnamon
½ c. chopped nuts

Grease angel food cake pan; stack alternately. Sprinkle preceding items over each layer. Cover and let rise overnight. Bake at 350° for 35 minutes. Turn out.

Margaret Aarde

BUCKWHEAT PANCAKES

1½ c. milk or water
2 Tbsp. melted butter or oil
2 Tbsp. molasses
2 eggs
2 c. buckwheat flour (1 c. of other flour such as whole wheat, corn meal, rice, etc. may be substituted for 1 c. buckwheat)
1 Tbsp. baking powder
¼ tsp. salt

Mix liquid ingredients together. Combine dry ingredients and add to liquid. Mix till smooth. Bake on a hot griddle. (If too thick, add milk or water.)

Ruth Gregory

STUFFED OVEN FRENCH TOAST

8 slices French bread (Gai's), sliced
2 (8 oz.) pkg. cream cheese
12 eggs
2 c. milk
⅓ c. maple syrup
½ tsp. vanilla

Trim crust from bread; cube and put ½ in bottom of 9x13 inch dish. Cube the cream cheese and put on top of bread in dish. Put rest of bread on top. Beat the eggs; add 2 cups milk, the maple syrup and vanilla. Pour over bread mixture; cover with plastic wrap and set in fridge overnight. Bake 45 minutes at 375° until middle is set. Serve with fruit and/or syrup.

This recipe makes a large amount and is a great brunch dish!

May Neal Hull

KLONDIKE PANCAKES

1 c. milk
¼ c. shortening
2 Tbsp. sugar
1 tsp. salt
1 env. yeast
¼ c. very warm water
1 egg
1⅓ c. flour

Beat together milk, shortening, sugar, salt, egg, and flour. Dissolve yeast in water and add. Let set overnight. Bake (or fry) next morning.

I tripled recipe, except using only 2 packages yeast. Baked all and saved leftovers to reheat.

Pam Bigelow

PIE CRUST

3 c. flour
1½ c. shortening (I use ¾ c. shortening and ¾ c. margarine)
1 tsp. salt
⅓ c. water
1 beaten egg
1 tsp. vinegar

Mix flour and salt in large bowl. Cut in shortening mixture. Add water, egg and vinegar all at once; mix together until you can form a large ball.

This pie crust freezes well. I often make 1 pie, then freeze the other half of the crust to use later.

Marilyn Brown, Carol Middleton

PENNY'S PIE CRUST

2 c. flour
1 tsp. salt
¼ c. oil
¼ c. cold milk

Sift flour into bowl; add other ingredients and mix. Roll out between wax paper; remove one side of paper and place crust on pie plate with other side of wax paper, peeling it back carefully to remove. Bake at 375° until brown. Makes enough for 2 pies or 1 double crust.

Penny and Gram Wilson

KEY LIME PIE

1 c. (can) Eagle Brand milk
2 Tbsp. lime juice
6 Tbsp. lemon juice or concentrate
2 to 3 drops of green color
½ pt. Cool Whip
1 chocolate or graham cracker pie shell

Combine milk, lemon and lime juices with green food coloring. Fold in whipped topping. Pour into prepared or baked and cooled pie crust. Refrigerate several hours and serve.

Florence Bigelow

LEMON MERINGUE PIE

3 c. sugar
3¾ c. water
3 Tbsp. butter
¾ c. cornstarch
9 Tbsp. cold water
1 c. + 2 Tbsp. lemon juice
9 egg yolks
6 Tbsp. milk

Combine sugar, water and butter in saucepan. Heat until sugar is dissolved. Blend together cornstarch and cold water; add to sugar mixture. Cook slowly until clear. Add lemon juice. Cook 2 minutes. Beat together egg yolks and milk; add to mixture in saucepan. Bring to boiling. Cool. Pour into cooled pie shells.

Meringue:

9 egg whites
1 c. sugar
1 Tbsp. lemon juice

Beat whites until stiff. Add sugar gradually. Add juice. Spread on pies. Makes 2 large pies.

Eleanor Miller

RHUBARB AND BLUEBERRY PIE

9 inch crust
3 eggs, separated
2½ c. rhubarb
1¼ c. sugar
¼ c. flour
¼ c. melted butter
¼ tsp. salt
3 Tbsp. lemon juice

Beat egg whites until stiff with ¼ cup sugar. Beat yolks very stiff with juice, salt, flour, and 1 cup sugar. Add rhubarb and margarine. Mix well, then fold mixture quickly into beaten whites. Pour into crust. Bake 10 minutes at 375°, then reduce to 325° and bake 40 to 45 minutes.

Marylin Callender

PUMPKIN CUSTARD PIE

2 c. or 1 can evaporated milk
2 eggs
½ c. canned pumpkin
⅔ c. sugar (or less)
½ tsp. salt
½ tsp. ginger
1 tsp. cinnamon
⅛ tsp. Mapleine

Blend all ingredients together; blender does well. Don't beat longer than necessary. You don't want more foam than necessary. Bake at about 400° until custard is set, except for a small area (about size of a dollar in center). This is filling for one 8 to 9 inch pie.

Pam Bigelow

SCRATCH PUMPKIN PIE

1 Tbsp. flour
½ c. white sugar
¼ tsp. salt
¼ tsp. ginger
1½ c. pumpkin
½ c. brown sugar
1 tsp. cinnamon
¼ tsp. cloves
1 c. regular milk
2 eggs, slightly beaten

Cut open, clean out, chop in pieces (bake or boil), and mash the pumpkin. Mix dry ingredients; add pumpkin, eggs and milk. Beat well; pour into pastry shell. Sprinkle with walnuts. Bake at 425° for 45 to 50 minutes (or lower heat last 30 minutes to 350°).

Donna Jacob, Aunt Bett Everson, Penny Devine

CREAM CHEESE PIE

12 oz. cream cheese
¾ c. sugar
2 eggs
2 tsp. vanilla
1 tsp. lemon juice
1 tsp. finely grated lemon peel

Crust:

1½ c. crushed graham crackers
6 Tbsp. melted butter
¼ c. brown sugar

Topping:

1 c. sour cream
¼ c. sugar
1 tsp. vanilla

Mix 3 crust ingredients together; press into large pie pan. Set aside. Mix cream cheese until smooth, then add sugar. Blend well. Add eggs, one at a time; mix. Add remaining ingredients and mix thoroughly. Pour over crust. Bake 40 minutes at 300°. Cool 10 minutes. Mix topping; pour over cooled pie and bake for 5 minutes longer. Refrigerate for 5 hours is best. Top with fresh fruit.

Beverly Reed

SOUTHERN PECAN PIE

1 c. sugar
½ c. light Karo syrup
¼ c. butter or margarine, melted
3 eggs, well beaten
1 to 1½ c. pecans or pecan pieces
1 unbaked 9 inch pie shell

Add syrup and melted margarine to sugar. Add eggs and pecans. Pour into unbaked pie shell. Bake at 400°F. for 10 minutes. Reduce heat to 350° for 30 to 35 minutes. Ovens vary so check earlier and not bake it too hard.

Mavis Fraser

SODA CRACKER PIE

3 egg whites
1 c. sugar
1 tsp. baking powder
1 tsp. vanilla
14 salted soda crackers
¾ c. coarsely chopped nuts
1 c. sweetened whipped cream

Beat egg whites until foamy; add sugar. Beat until stiff. Set aside. Crush crackers; add chopped nuts and baking powder. Mix. Mix in with beaten eggs. Bake 35 minutes at 350°. Cool. Top with whipped cream. Refrigerate 4 to 5 hours before serving.

Lonie Cox

PUMPKIN CHEESECAKE

12 oz. cream cheese
¾ c. sugar
1½ Tbsp. flour
2 eggs plus 2 egg yolks
¾ tsp. grated lemon peel
¾ tsp. grated orange peel
¼ tsp. vanilla extract
1 c. cooked or canned pumpkin
Graham cracker crumb crust (9 to 10 inches)

Preheat oven to 350°. In large bowl, combine all preceding ingredients, save crust and topping, until smooth and well blended. Pour into prepared crust and bake for 35 to 40 minutes. Use toothpick to test doneness. Pour sour cream topping over and bake for 10 minutes. Refrigerate overnight.

Sour Cream Topping:

1½ c. dairy sour cream
2 Tbsp. sugar
½ tsp. vanilla extract

Mix topping ingredients in medium size bowl until very smooth.

Mike Dore

Notes

OLD-FASHIONED GINGERBREAD

1 egg
5 Tbsp. cooking oil
1 c. molasses
1 tsp. soda
1½ c. flour
1 tsp. ginger
½ tsp. salt
⅔ c. hot water

Beat the egg in mixing bowl. Add shortening, molasses and soda; mix. Sift together the dry ingredients; add and mix. Last, add the hot water and stir till smooth. (Batter will be thin.) Bake at 325° for 35 to 50 minutes in a 9x13 inch pan or Pyrex baking dish.

Ruth Gregory

DELICIOUS (BUT EASY) SHORTCAKE

2 c. biscuit mix
1 tsp. baking powder
¼ c. sugar
½ c. water
¼ c. oil

Mix the dry ingredients. Add liquids which have been mixed. This forms a soft dough. (Add a few drops of water if needed.) Drop by spoonfuls on a greased cookie sheet and bake at 375° for about 10 minutes. Use with any berry, peaches or apricots.

This shortcake freezes well, but after defrosting, warm in the oven to freshen.

Marguerite Kueckelhan

BISCUIT TYPE SHORTCAKE

4 c. sifted flour (all white or ½ white and ½ whole wheat)
1½ tsp. salt
4 tsp. baking powder
1½ tsp. baking soda
½ c. sugar
10 Tbsp. vegetable shortening
2 eggs
Buttermilk (measure eggs and buttermilk to make 1½ c.)

Sift dry ingredients. Cut in shortening. Beat eggs with fork and add buttermilk to make 1½ cups. Add all at once and stir until well blended. Bake at 375° in 9x13 inch aluminum pan. Reduce heat 25° if using glass. Also can be rolled same as biscuits for individual shortcakes. Bake individuals at 425° for 12 to 15 minutes. Bake 9x13 inch for 25 to 30 minutes. If less shortcake is needed, cut recipe in half and bake in 9x9 inch pan.

Dorothy Neely

CHOCOLATE ANGEL DESSERT

12 oz. semi-sweet chocolate chips
2 Tbsp. sugar
3 eggs, separated
1 small angel food cake (approx. 7 inch diameter)
1 pt. whipping cream, whipped

In separate bowls, beat egg whites until stiff and set aside; beat egg yolks and set aside. Melt chocolate chips and sugar in double boiler; remove from heat. Add beaten egg yolks; mix well. Stir in beaten egg whites and whipped cream. Break cake into pieces and place a layer of it in the bottom of a buttered 8x12x2 inch pan, using

about ½ the cake. Cover with a layer of the chocolate mixture. Dot this with the remainder of the cake; top with remainder of chocolate mixture. Chill overnight. Cut into squares to serve.

Lonie Cox

FUDGE FROSTING

1½ c. sugar
5 Tbsp. butter
5 Tbsp. milk
½ c. semi-sweet chocolate chips

Bring sugar, butter and milk to a rolling boil; boil for 30 seconds. Remove from heat. Add chocolate chips. Beat until spreading consistency.

Suzahn Cox

ANNA BANANA'S SNACK CAKE

1 c. sugar
1 c. margarine, softened
2 eggs
½ c. buttermilk
1 c. mashed bananas (2 medium)
1 tsp. vanilla
2 c. flour
1 c. quick cooking rolled oats
1½ tsp. baking soda
½ tsp. salt
6 oz. (1 c.) semi-sweet chocolate chips

Grease 9x13 inch pan. In large bowl, mix sugar, margarine and eggs. Stir in buttermilk, bananas, and vanilla. Blend thoroughly. Stir in flour, oats, baking soda, and salt; mix well. Stir in chocolate chips. Spread batter in prepared pan. Sprinkle nuts evenly over top. Bake at 350° for 30 to 35 minutes or until toothpick inserted in center comes out clean. Makes 16 servings.

Anna Easton

CRAZY COCOA CAKE

3 c. flour
1 tsp. salt
2 tsp. soda
½ c. cocoa
2 c. sugar
¾ c. oil
2 tsp. vinegar
2 tsp. vanilla
2 c. water

Beat the whole mess together and dump into greased and floured pan. Bake 25 to 35 minutes.

Sharon Chenny Ritchey, Penny Devine

PINEAPPLE YUM YUM CAKE

Mix 20 ounces crushed pineapple (juice and all) with:

2 c. flour
2 whole eggs
1 c. chopped pecans or walnuts
2 c. sugar
1 tsp. baking soda

Icing - Mix:

8 oz. cream cheese
1 tsp. vanilla
2 c. powdered sugar
1 stick melted margarine

Beat until creamy and ice cake while hot.

Mary Lou Spear

ORANGE SLICE CAKE

2 cubes butter
2 c. sugar
4 eggs
1½ c. buttermilk
1 tsp. soda
¼ tsp. salt
4 c. flour
1 lb. chopped dates
1 lb. orange slices, halved
2 c. chopped nuts

Cream butter and sugar. Add eggs, one at a time. Add 1 cup buttermilk. Add soda to ½ cup buttermilk. Add to first mixture. Combine dry ingredients with dates, orange slices and nuts. Stir into first mixture. Bake in tube pan lined with greased brown paper at 275° for 2½ hours.

Marge Blakely

DUMP CAKE

1 (20 oz.) can crushed pineapple
1 (20 oz.) can cherry pie filling
1 pkg. white cake mix
1½ cubes butter
1 c. chopped nuts

Grease a 13x9 inch pan. Mix cherry pie filling with pineapple. Pour into pan. Sprinkle dry cake mix over the cherry and pineapple mixture; dot with butter. Sprinkle nuts over the top. Bake a little over 1 hour at 350°. Serve with Cool Whip or whipped cream.

Hazel Nichols

DECADENT FUDGE CAKE

1 c. butter or margarine, softened
1½ c. sugar
4 eggs
1 c. buttermilk
½ tsp. baking soda
2½ c. all-purpose flour
2 (4 oz.) bars sweet baking chocolate, melted and cooled
1 c. chocolate syrup
2 tsp. vanilla extract
1½ c. semi-sweet chocolate mini morsels, divided
4 oz. white chocolate, chopped
2 Tbsp. plus 2 tsp. shortening, divided
Chocolate and white chocolate leaves (optional)

Cream butter in a large mixing bowl; gradually add sugar, beating well at medium speed of an electric mixer. Add eggs, one at a time, beating well after each addition. Combine buttermilk and soda, stirring well. Add to creamed mixture alternately with flour, beginning and ending with flour. Add 2 bars melted chocolate, chocolate syrup and vanilla. Mix well. Stir in 1 cup mini morsels. Pour batter into a heavily greased and floured 10 inch Bundt pan. Bake at 300° for 1 hour and 20 minutes or until a wooden pick inserted in center comes out clean. Invert cake immediately onto a serving plate and let cool completely.

Combine 4 ounces white chocolate and 2 tablespoons shortening in top of double boiler; bring water to a boil. Reduce heat to low; cook until melted and smooth. Remove from heat. Drizzle mixture over cooled cake. Melt remaining ½ cup mini morsels and 2 teaspoons shortening in a small saucepan over low heat, stirring until smooth. Remove from heat and let cool; drizzle over white chocolate. Garnish with chocolate and white chocolate leaves if desired.

Dorothy Neely

POOR MAN'S CAKE

1 box seedless raisins
2 c. sugar
1 tsp. cinnamon
1 tsp. cloves
1 tsp. nutmeg
1 tsp. salt
1 Tbsp. baking soda
4 c. flour
½ c. shortening
1 c. cold water

Boil 2 cups raisins for 15 minutes. Add shortening; let melt, then add cold water. Combine other ingredients and add to raisin mixture. Bake at 350° for 1 hour.

Betty Tipton

BLACK BOTTOM CUPCAKES

Cupcake batter:

3 c. flour
2 c. sugar
½ c. bitter cocoa
2 tsp. baking soda
⅛ tsp. salt
2 c. water
⅔ c. oil
2 Tbsp. vinegar
2 tsp. vanilla

Mix in large bowl flour, sugar, cocoa, soda, and salt. In separate bowl, mix water, oil, vinegar, and vanilla. Add to dry ingredients.

Filling:

1 egg
1 large pkg. cream cheese
¼ c. sugar
Pinch of salt
1 c. semi-sweet chocolate chips

Beat egg, cream cheese, sugar, and salt together, then mix in chocolate chips. Fill cupcake tin ½ to ⅔ full of batter and drop 1 teaspoon of filling on top of each. Bake about 18 minutes at 350°.

Cathy Weaver

CRUMB CAKE

2 c. brown sugar
½ c. shortening
2 c. flour
1 tsp. baking powder
1 tsp. nutmeg
1 tsp. vanilla
Dash of salt
1 c. sour milk or buttermilk
1 tsp. baking soda
1 egg

Mix together brown sugar, shortening, flour, baking powder, nutmeg, vanilla, and salt. Take out ½ cup and set aside. Add sour milk, soda and egg. Pour into 9x13 inch pan. Sprinkle top with ½ cup mixture. Bake for about 19 minutes at 350°.

Cathy Weaver

WHACKY CAKE

1½ c. sifted flour
½ tsp. salt
3 Tbsp. cocoa
1 Tbsp. vinegar
1 tsp. vanilla
1 c. sugar
1 tsp. soda
6 Tbsp. Wesson oil
1 c. cold water

Sift dry ingredients into "low" square dry pan; make 3 depressions with a spoon. In the largest depression put oil, in the medium depression put vinegar and in small hole put vanilla. Cover with water and stir thoroughly with fork so all is blended. Bake 25 minutes at 375° right in pan it is stirred in. Cool and frost.

Frosting: Use ½ cake Philadelphia cream cheese.

Blend with:

1 Tbsp. cream
½ tsp. vanilla
Enough powdered sugar to make desired consistency

Florence Bigelow

WINE CAKE

1 yellow cake mix pkg.
1 small vanilla instant pudding
4 eggs
1 tsp. nutmeg
¾ c. oil
¾ c. creme sherry wine

Combine all and beat 5 minutes. Place in Bundt cake pan. Bake at 350° for 50 to 60 minutes.

This is not mine. I had tasted and enjoyed, so requested the recipe. I borrowed the pan from May Neal. No directions about greasing the pan. I did grease.

Barbara L. Martin

CHEESECAKE

⅓ c. melted butter
¾ c. sugar, divided
1¼ c. graham cracker crumbs
1 oz. pkg. cream cheese, softened
2 eggs
¼ tsp. salt
1 tsp. vanilla
1 can fruit pie filling
1 Tbsp. lemon juice

Combine melted butter, ¼ cup sugar and crumbs. Press into bottom and sides of 9 inch pie pan. Beat cream cheese; add eggs, remaining ½ cup sugar, salt, and vanilla. Beat until smooth and creamy. Pour into crumb lined pan. Bake at 325° for 25 to 30 minutes until set. Cool. Blend pie filling and lemon juice. Spread over baked filling. Refrigerate several hours or freeze. Yield: 8 servings.

Elaine Nunneh

GERMAN COFFEE CAKE

2 c. brown sugar
2 c. flour
½ c. shortening (I use butter or margarine)
½ tsp. salt

Combine top ingredients as for pie crust. Reserve 1 cup for topping.

Add to remaining ingredients:

1 beaten egg
1 c. buttermilk
1 tsp. soda
1 tsp. vanilla

Pour in greased 9x12 inch pan. Sprinkle the cup of topping on top which chopped nuts and coconut have been added. Bake at 350° till center is done, around 30 to 35 minutes.

Julia Van Walker

DIANA'S CHOCOLATE SHEET CAKE

2 c. sugar
2 c. flour
⅓ c. cocoa
1 tsp. baking soda
½ tsp. salt
1 c. (2 sticks) margarine
1 c. water
½ c. buttermilk
2 eggs
1 tsp. vanilla

Combine dry ingredients in large mixing bowl; mix well. Heat margarine and water in saucepan until boiling. Pour over dry ingredients and mix. Beat in buttermilk, eggs and vanilla. Pour thin batter in greased and floured 15x10 inch pan. Bake in 400° oven 20 minutes. Makes 18 servings.

Frosting:

½ c. (1 stick) margarine
¼ c. cocoa
6 Tbsp. milk
4 c. (1 lb.) powdered sugar
1 c. chopped walnuts

Combine margarine, cocoa and milk. Pour over sugar and nuts; mix well. Spread on hot cake.

Phyllis Craig

14 KARAT CAKE

2 c. flour
2 tsp. baking powder
1½ tsp. soda
1 tsp. salt
2 tsp. cinnamon
2 c. sugar
1½ c. oil
4 eggs
2 c. grated raw carrot
1 (8½ oz.) can crushed pineapple
½ c. chopped nuts
Raisins (optional)

Sift dry ingredients together. Mix next 5 ingredients and add together. Bake at 350° for 45 to 50 minutes. Top with Cream Cheese Frosting.

Cream Cheese Frosting:

4 Tbsp. cream cheese
1 egg white, slightly beaten
1½ c. powdered sugar
½ tsp. vanilla

Soften cheese. Add egg white, powdered sugar and vanilla; beat well.

Marilyn Callendar

POPPY SEED CAKE

2 c. rice flour*
¾ c. poppy seeds**
1 c. yogurt
¾ c. corn (vegetable) oil
1½ c. brown sugar
2 tsp. baking powder
¼ tsp. baking soda
Pinch of salt
3 egg whites, beaten stiff

Blend oil and brown sugar thoroughly. Add yogurt/poppy seed mixture; mix. Sift together rice flour, salt, baking powder, and baking soda. Mix dry ingredients with yogurt mixture and *fold* in beaten egg whites. Pour batter into Bundt pan and bake at 350° for exactly 45 minutes. Cool and sift powdered sugar on top lightly.

* Use rice flour for light, fluffy and the right consistency of this cake.

** Soak poppyseeds in yogurt for 3 hours before beginning cake.

Beverly R. Reed

CARROT CAKE

3 c. flour
2 c. sugar
2 tsp. baking powder
2 tsp. soda
1 Tbsp. cinnamon
1 tsp. salt
1⅓ c. oil
4 eggs
2 c. finely shredded carrots
1 c. crushed pineapple with syrup
1 tsp. vanilla

Mix dry ingredients together in a large bowl using whisk to blend well. Add remaining ingredients and mix well using a wooden spoon or electric mixer. Beat for 2 to 3 minutes. Pour into angel food cake pan for 1 large cake or divide into loaf pans for several small cakes. Pans should be greased and floured or sprayed with a "Pam" type spray. Bake in 350° oven. Angel food cake pan takes about 1 hour. Loaf pans take 35 to 45 minutes depending on size. Frost with Cream Cheese Icing.

Cream Cheese Icing:

6 oz. cream cheese, softened
2 Tbsp. butter, softened
2 tsp. vanilla
4 c. powdered sugar

Combine cream cheese, butter and vanilla. Beat on low speed until light. Gradually add sugar, beating until fluffy. If necessary, add a little milk to bring to spreading consistency.

Optional: A cup of finely chopped pecans can be added if desired.

Vicki Lafser

SOUR CREAM CAKE

¼ lb. butter
2 c. flour
1 tsp. baking powder
1 c. sour cream
¼ tsp. salt
1 c. sugar
1 tsp. baking soda
1 tsp. almond extract
2 eggs

Cream butter and sugar together. Add eggs. Sift flour, baking powder, soda, and salt; alternate with sour cream, adding to creamed mixture. Add almond extract. Pour ½ of batter into greased tube pan. Sprinkle half the topping over it. Swirl batter with knife. Bake at 350° for 45 to 60 minutes.

Topping:

¼ c. sugar
1 tsp. cinnamon
¼ c. walnuts

Suzahn Cox

DIFFERENT FRUIT CAKE
(No citron!)

1 lb. pitted dates
¼ lb. candied cherries
3 slices candied pineapple
5 large red gumdrops
5 large green gumdrops
3 large orange gumdrops
2 Tbsp. flour
2 (3½ oz.) cans coconut (Baker's Angel Flake)
1 can Eagle Brand milk
2 c. chopped pecans or walnuts (large pieces)

Cut fruit and gumdrops into small pieces and dredge with flour (use paper sack). Add coconut and milk. Add nutmeats and mix well. Pour into 2 greased and wax paper lined loaf pans. Bake in slow oven at 230° for 1½ hours. Remove from pans and paper *immediately.* Cool on rack. Wrap in foil. Add in liquor if desired.

Bev Lynch

POPPY SEED CAKE

2 c. sugar
4 eggs
1½ c. oil
12 oz. evaporated milk
12½ oz. poppy seed filling
3 c. flour
1½ tsp. baking soda

Set the oven at 350°. Butter a Bundt pan or angel food pan. Cream together: Sugar, oil and eggs. Add poppy seed filling and blend well. Add evaporated milk and mix well with flour and baking soda. Bake at 350° for 1 hour and 10 minutes.

Alice Zeck

YUM YUM CAKE

3 eggs
1½ c. oil
½ c. sugar
½ c. honey
1 tsp. vanilla
1 c. white flour
1 c. whole wheat flour
1½ tsp. soda
1 tsp. salt
2 c. grated carrots
2 c. Angel Flake coconut
1 c. crushed pineapple with juice
1 c. chopped nuts

Beat eggs; continue beating and add oil, sugar, honey, and vanilla. Add dry ingredients. Finally add carrots, coconut, nuts, and pineapple. Bake at 350° for 1 hour in greased 9x13 inch pan. If using glass pan, bake at 325° for 1 hour.

Dorothy Neely

BLUEBERRY CHEESECAKE

1 pkg. yellow cake mix
4 eggs
2 Tbsp. oil
2 (8 oz.) pkg. cream cheese, softened
⅓ c. sugar
1½ c. milk
2 Tbsp. lemon juice
1 Tbsp. vanilla
1 (21 oz.) can blueberry pie filling

Set aside 1 cup yellow cake mix. Place remaining cake mix, 1 egg and oil in mixing bowl. Blend until crumbly. Press mixture evenly into bottom and half way up sides of 13x9x2 inch pan. Set aside.

In a mixing bowl, blend cream cheese and sugar. Add reserved cake mix and 3 eggs. Blend 1 minute on medium speed. On low speed, blend in milk, lemon juice and vanilla. Mix until smooth. Pour into crust. Bake 50 to 55 minutes at 300°F. Center should be firm. Cool. Spread blueberry pie filling over top. Refrigerate. Makes approximately 24 (2 inch) square servings.

Variations: Use other fruit pie fillings for topping.

Dorothy Neely

APPLESAUCE CAKE

½ c. shortening
1 c. sifted sugar
1 egg
1¾ c. sifted cake flour
½ tsp. salt
1 tsp. soda
¼ tsp. cloves
1 tsp. nutmeg
1 tsp. cinnamon
1 c. chopped nuts
1 c. chopped raisins
1 c. thick unsweetened applesauce

Cream shortening, sugar and egg until light and fluffy. In a separate bowl, sift the next 6 ingredients. Add nuts and raisins to flour mixture. Heat 1 cup applesauce. Combine sugar mixture with flour mixture. Add applesauce. Beat. Pour in well greased tube pan. Bake at 350° for 35 to 40 minutes.

Dorothy Neely

MARY JANE'S FRESH APPLE CAKE

4 c. unpeeled apples
2 c. sugar
½ c. Wesson oil
2 eggs
1 tsp. vanilla
2 c. flour
1 tsp. cinnamon
1 tsp. salt
1 tsp. soda
2 c. chopped nuts

Dice apples; mix with sugar. Add and mix all other ingredients. Pour into greased 9x13 inch pan. Bake 1 hour at 350°. This cake does not need icing.

Note: If you like a "spicier" cake, double the cinnamon and add a little clove and nutmeg.

Vicki Lafser

APPLE CAKE

2 c. sliced apples or grated pumpkin
1 c. date sugar
¼ c. oil
1 egg, fork beaten
1 tsp. vanilla
¾ c. whole wheat flour
¼ c. white flour
1 tsp. baking soda
1 tsp. cinnamon
½ tsp. salt
⅔ c. water

Mix together apples (or pumpkin) and sugar. Add oil, egg and vanilla. Add dry ingredients. Add water. Mix well. Bake ½ hour at 350° in greased square pan.

Penny Devine, Dori Goodrich

RHUBARB CAKE

1½ c. sugar
1 egg
2 tsp. vanilla
2 c. flour
½ c. butter
1 c. buttermilk
1 tsp. soda
3 c. rhubarb, chopped fine

Topping:

⅓ c. sugar
1 tsp. cinnamon

Cream sugar, butter and egg together. Add flour and soda alternately with buttermilk. Add vanilla and rhubarb. Pour batter in 9 x 9 x 1¾ inch pan. Mix topping and sprinkle on top of batter. Bake 45 minutes at 350°.

Dorothy Neely

MAPLE WALNUT CAKE

2 c. sifted flour
3 tsp. baking powder
1 tsp. salt
1⅓ c. sugar
½ c. shortening
1 c. milk
½ tsp. maple flavoring
2 eggs
½ c. finely chopped walnuts

Sift flour, baking powder, salt, and sugar into mixing bowl; add soft shortening, milk and flavoring. Beat 2 minutes in mixer at medium speed. Scrape sides and bottoms of bowl frequently. Add eggs and beat 2 minutes more. Stir in nuts by hand. Turn

into 2 buttered and floured 8 or 9 inch layer pans. Bake at 350° about 30 minutes. When cool, frost with following recipe for frosting.

Frosting:

½ c. butter
1 egg
½ tsp. maple flavoring (or ¼ tsp. each maple and vanilla)
3 c. sifted powdered sugar
2 Tbsp. cream

May Neal Hull

APPLE CRISP

3 c. apples, peeled and sliced
1½ c. quick oatmeal
1 c. brown sugar
½ c. melted margarine
½ tsp. cinnamon
1 c. nuts

Place 1½ cup apples in buttered (or Pam) 9x13 inch glass casserole dish. Sprinkle ½ the oatmeal mixture over top of apples. Top with remaining apples and oatmeal mixture. Bake at 350° for 25 minutes. Serve warm. Can top with Cool Whip or vanilla ice cream.

Virginia Curry

APPLE CRISP

Filling:

3 c. sliced, peeled apples
2 Tbsp. lemon juice
1 c. sugar
½ tsp. salt
1½ Tbsp. flour
1 tsp. cinnamon

Topping:

¼ tsp. baking powder
¼ tsp. baking soda
¾ c. brown sugar
¾ c. oatmeal
¾ c. flour
⅓ c. melted butter

Pour filling into pan. Sprinkle on topping and bake 1 to 1½ hours at 350°. Serves 6.

Elaine Nunneh

ORANGE-PINEAPPLE GELATIN DESSERT

1 pkg. orange-pineapple Jell-O
1 c. boiling water
1½ c. orange sherbet
1 (9 oz.) can pineapple chunks
1 c. tangerines
2 bananas, sliced
1 c. whipping cream

Dissolve Jell-O in boiling water. Mix in sherbet. Set for few minutes in refrigerator. Fold in fruit and whipped cream. Return to refrigerator.

Dorothy Neely

CRISPY FRUIT COBBLER

1 cube butter
1 c. flour
1 c. sugar
4 c. mashed berries, peaches, plums, or any fruit
1½ tsp. baking powder
¼ tsp. salt
¾ c. milk

Place butter in an 8x10 inch pan; set in a warm oven until melted. Sift flour; measure and sift with sugar, baking powder, and salt. Stir in milk and blend until smooth. Pour batter over melted butter in pan. Spread berries or fruit as evenly as possible over batter. Bake in a moderate oven at 375° for 40 minutes. Serve with cream. Serves 6 people.

Mary Lou Spear

FRUIT FLUFF

4 c. miniature marshmallows
1 c. milk
½ pt. whipping cream
¼ tsp. almond extract
1¼ c. flour
½ c. brown sugar
½ c. butter or margarine
¼ tsp. salt
1 can fruit pie filling (any flavor)
⅓ c. water

Filling - Combine in double boiler: 4 cups marshmallows and 1 cup milk. Cook until marshmallows are melted. Stir occasionally. Cool until cold.

Bottom crust: Combine flour, brown sugar, butter, and salt until fine texture. Brown in skillet on medium heat. Stir constantly with fork until color of graham crackers. Cool until cold.

Filling: Whip ½ pint cream until thick; stir in almond extract. Fold whipped cream into marshmallow mixture. Mix ⅓ cup water with pie filling. Beat until smooth.

Assembly: Spread ½ crumb mixture in 9x13x2 inch pan, then spread cream mixture on top of crumbs. Spread pie filling on cream mixture and top with rest of crumbs. Chill overnight. Cut in squares to serve.

Marilyn Brown

FRUIT COCKTAIL DESSERT

1 c. flour
1 egg
1 c. granulated sugar
1 tsp. soda
1 (No. 300) can fruit cocktail or pt. mixed canned fruit
1 tsp. salt
½ c. nuts
¾ c. brown sugar
½ tsp. vanilla

Sift the dry ingredients; add beaten egg. Mix together; add vanilla and fruit cocktail. Pour into 8x13 inch dish. Sprinkle nuts and brown sugar on top. Bake at 325° for 45 minutes. Serve with Cool Whip or chilled whipped cream with little cinnamon.

Florence Bigelow

FRUIT PIZZA

½ c. butter
¾ c. sugar
1 egg
1⅔ c. flour
½ tsp. salt
½ tsp. soda
1 tsp. cream of tartar

Beat butter, sugar and egg. Add flour, salt, soda, and cream of tartar. Press into a 10 inch pizza pan, within about ¾ of an inch from the edge (it will spread out). Bake at 375° for about 15 minutes. Cool.

Mix 8 ounces cream cheese, ½ cup sugar and 1½ tablespoons apple juice; spread over crust. Add boysenberries, mashed and drained (if they are sweet boysenberries no sugar is needed for the berries). Of coarse you may use other fruit. Spread mixture over cream cheese.

Bring 1 cup of juice (apple or the juice of the fruit you are using) to a boil and thicken with cornstarch, about a heaping tablespoon. Cool and pour over fruit.

DeaAnn Fisk

EASY PEACH DESSERT

1 pkg. yellow cake mix
1½ cubes oleo
1 can peach slices
1 small pkg. sour cream
3 egg yolks
Cool Whip

Mix cake mix and oleo. Pat firmly in 9x12 inch baking pan. Arrange peach slices over. Beat egg yolks and sour cream together. Pour over. Bake at 350° for 30 to 35 minutes. Cool and top with Cool Whip.

Rosemary Faubion

STRAWBERRY PIZZA

Crust:

1 c. flour
¼ c. powdered sugar
½ c. butter

Mix together; place in ungreased 12 inch round pizza pan and pat down firmly. Bake at 325° for 15 minutes. Cool.

Beat until light and fluffy:

8 oz. cream cheese
½ c. sugar
1 tsp. vanilla

Spread on cooked crust. Refrigerate.

Mix:

2 c. sliced strawberries
¼ c. sugar

Make juice.

In a saucepan, cook:

1 c. strawberry juice
4 Tbsp. sugar
4 Tbsp. cornstarch

Cook until thick and clear. Cool. Add fruit. Spread on crust. Top with Cool Whip.

Margaret Aarde

LEMON POUT

1 c. sugar
3 egg yolks
1 lemon (juice and grated rind)
3 beaten egg whites

Stir (don't beat) sugar, egg yolks, lemon juice, rind, and flour. Fold in egg whites. Bake in custard dish (in water) for 45 minutes at 325°F. Serve warm.

Orlena Harsch

BREAD PUDDING

3 c. milk
1½ Tbsp. melted butter or margarine
¾ c. sugar
1 c. raisins
2 c. soft bread crumbs (cubes)
½ tsp. salt
3 beaten eggs

In a pot, heat milk; blend in bread cubes and butter. In a bowl, combine sugar, salt, raisins, and eggs. Blend milk and egg mixtures. Pour into greased baking dish. Place in pan of hot water. Bake at 350° for 1 hour.

Florence Bigelow

RANGER COOKIES

1 c. shortening
1 c. white sugar
1 c. brown sugar
2 eggs
2 c. flour
2 c. oatmeal (quick)
2 c. Rice Krispies
1 tsp. soda
1 tsp. salt
1 tsp. vanilla
1 c. coconut

Cream shortening, eggs and sugars; add vanilla and dry ingredients. Roll in small balls and press down thin with fork. Bake on greased cookie sheet 10 minutes at 375°. Makes 70 or more cookies.

Eleanor Miller

SWEDISH GINGER COOKIES

1 c. butter or margarine
1½ c. sugar
1 egg
1½ Tbsp. grated orange rind
2 Tbsp. dark Karo
1 Tbsp. water
3¼ c. *sifted* flour
2 tsp. soda
2 tsp. cinnamon
1 tsp. ginger
½ tsp. cloves

Cream butter and sugar; add egg and beat till light and fluffy. Add orange peel, corn syrup; add water and mix well. Sift dry ingredients together; stir into cream mixture. Chill thoroughly (1 hour or so).

On lightly floured surface, roll out to ¼ to ⅛ inch thickness. Cut with cooky cutter and place on ungreased cooky sheet. Bake at 375° for 8 to 10 minutes. Check as needed. Cool on rack.

These thin delicate crispy cookies are wonderful with a cup of hot tea or coffee. Be sure to store them in an airtight container to retain crispness.

May Neal Hull

TOLL HOUSE COOKIE BRITTLE

1 c. butter or margarine
1½ tsp. vanilla
1 tsp. salt
1 c. brown sugar
2 c. flour
1 (6 oz.) pkg. chocolate chips
¾ c. chopped nuts

Combine butter, vanilla and salt. Gradually beat in sugar. Add flour, chocolate chips and nuts. Mix well. Press evenly into a 15x10x1 inch pan. Bake at 375° for 25 minutes. When cool, break into pieces.

Vicki Lafser

SNICKERDOODLES

Mix together thoroughly:

1 c. soft shortening
1½ c. sugar
2 eggs

Sift together and stir:

2¾ c. sifted flour
2 tsp. cream of tartar
1 tsp. soda
½ tsp. salt

Chill dough. Roll into balls the size of small walnuts. Roll in mixture of 2 tablespoons sugar and 2 teaspoons cinnamon. Place about 2 inches apart on ungreased baking sheet. Bake until lightly browned, but still soft. These cookies puff up first, then flatten out with crinkled tops.

Temperature: 400° (moderate hot oven). Time: Bake 8 to 10 minutes. Amount: About 5 dozen 2 inch cookies.

Marjorie E. Swartling

KITCHEN SINK COOKIES

For basic dough - Cream together:

¾ c. white sugar
¾ c. brown sugar
1 c. butter or margarine

Add in order given:

2 beaten eggs
1 tsp. vanilla
1 tsp. baking soda
2 to 2½ c. all-purpose flour
1 tsp. ground ginger
1 tsp. cinnamon
½ tsp. ground cloves
½ tsp. nutmeg

Add to dough at least ½ cup of any combination of following, but not more than 3 cups total:

Sesame seeds
Chia seeds
Any chopped dried fruits
Any chopped nutmeats
Glazed fruits
Granola
Coconut
Chocolate chips
Small or chopped candies
Frozen caramels, whirled in a cold blender

Drop by teaspoon onto greased cookie sheet and bake at 350° for 8 to 10 minutes until golden brown. Cool on brown paper bag and enjoy.

Maris J. Peach

RAISIN ROUGHS

1 c. shortening
½ c. peanut butter
2 c. granulated sugar
3 eggs
1 c. sifted all-purpose flour
¾ tsp. salt
¾ tsp. baking soda
1½ tsp. cinnamon
¼ c. milk
1½ tsp. vanilla
3½ c. rolled oats
2 c. seedless raisins

Cream shortening, peanut butter and sugar together thoroughly. Add eggs, one at a time, beating well after each addition. Sift together flour, salt, soda, and cinnamon; blend into creamed mixture. Add milk and vanilla. Stir in oats and raisins. Drop by heaping teaspoonfuls onto greased baking sheet. Bake in moderately hot oven (375°) about 15 minutes. Remove to wire rack to cool. Yield: Makes 60 large cookies.

Dorothy Neely

PEANUT BUTTER BARS

2 c. powdered sugar
1 c. peanut butter
1⅔ c. graham cracker crumbs
½ lb. butter

Mix and press into a 9x13 inch greased pan. *Cool.*

Melt together:

1½ c. chocolate chips
1 c. peanuts butter

Spread over top.

Barbara M. Nance

CAPPUCCINO SHORTBREAD

Shortbread:

1 c. cold butter
3 c. flour
½ c. sugar

Mix shortbread ingredients together. It will be the texture of peas as if making pie dough. Press into a 13x9 inch pan; cut into squares. Prick each square with a fork. Bake at 350° until golden brown, approximately 30 minutes. Recut while still warm. Cool.

Frosting:

2 tsp. espresso (instant)
⅓ c. cocoa
⅓ c. butter
2⅔ c. powdered sugar
⅓ c. milk
1 tsp. orange extract

Mix all frosting ingredients together; spread on cooled shortbread.

Valerie Johnson

PUMPKIN PIE SQUARES

1 c. sifted flour
½ c. quick rolled oats
½ c. brown sugar
½ c. butter
1 (1 lb.) can pumpkin (2 c.)
1 (13½ oz.) can evaporated milk
2 eggs
¾ c. sugar
½ tsp. salt
1 tsp. ground cinnamon
½ tsp. ginger
¼ tsp. cloves
½ c. pecans
½ c. brown sugar
2 Tbsp. butter

Combine flour, rolled oats, ½ cup brown sugar, and ½ cup butter in mixing bowl. Mix until crumbly, using electric mixer on low speed. Press into ungreased 13x9x2 inch pan. Bake at 350° (325° for glass) 15 minutes.

Combine pumpkin, evaporated milk, eggs, sugar, salt, and spices; beat well. Pour into crust. Bake at 350° (325° for glass) 20 minutes.

Combine pecans, ½ cup brown sugar and 2 tablespoons butter. Sprinkle over pumpkin filling. Return to oven and bake 15 to 20 minutes or until filling is set. Cool in pan and cut into 2 inch squares. Yield: 2 dozen.

Dorothy Neely

PEANUT BUTTER SQUARES

5 c. powdered sugar
2 c. creamy peanut butter
1 c. butter
1 (12 oz.) pkg. chocolate chips

Combine sugar, butter and peanut butter in a bowl. Mix well with hands. Line a 12x18 inch jelly roll pan with waxed paper. Place candy in pan; cover with waxed paper and roll smooth with a rolling pin. Melt chocolate chips over low heat in a double boiler. Spread on top of candy. Chill about 10 minutes; cut into squares and return to refrigerator to chill completely. Tastes like "Reese's Peanut Butter Cups."

Ronda Watson

PEANUT BUTTER COOKIES

1 c. sugar
1 c. peanut butter
1 tsp. vanilla
1 egg
½ c. raisins (optional)

Mix together sugar and peanut butter with the 1 teaspoon vanilla until well blended. Add egg and thoroughly mix together. Be sure to mix together in order given or your mixture will become hard to handle. Drop by teaspoonfuls onto cookie sheet and bake 12 to 18 minutes in 350° oven.

What? No flour? That is correct and a question very often asked. Yes, no flour, but this recipe makes a quick easy cookie. *Enjoy.*

Beverly Ann Glaum

ALMOND ROCA COOKIES

1 c. butter
½ c. sugar
½ c. brown sugar
1 giant size (9¾ oz.) Hershey's bar
1 c. chopped nuts
1 egg
1 tsp. vanilla
2 c. cake flour

Cream butter, sugars, vanilla, and egg; add flour last. Spread on ungreased 10x15 inch pan. Bake at 350° for 15 to 20 minutes. While this is cooking, melt in double boiler 1 Hershey's bar. Spread over first mixture while still warm. Sprinkle with 1 cup chopped nuts. Press nuts into frosting. Cool and cut into squares.

Gram Wilson

CAKE MIX COOKIES

1 cake mix
½ c. oil + 1 Tbsp.
2 eggs
¾ c. chocolate chips
1 c. walnut or pecan pieces

Bake at 350°F. for 10 to 12 minutes.

Suzahn Cox

LEMON SQUARES

1½ c. flour
½ c. brown sugar
½ c. butter
1 c. brown sugar
1½ c. coconut
1 c. chopped walnuts
2 eggs, beaten
½ c. chopped walnuts
2 eggs, beaten
½ tsp. vanilla
2 Tbsp. flour
Pinch of salt
½ tsp. baking powder
1 c. powdered sugar
1 Tbsp. butter
Juice of 1 large lemon

1. Mix first 3 ingredients together. Pat down in buttered 9x13 inch pan. Bake 10 minutes at 250°.

2. Mix next 10 ingredients together; spread over baked mixture. Bake 35 to 40

minutes at 300°.

3. Mix 1 cup powdered sugar, 1 tablespoon butter and juice of 1 large lemon. Mix together and pour over the preceding mixture while still warm. Cut into squares.

Virginia Taylor

3-LAYER CHOCOLATE PUDDING BARS

Layer 1:

½ c. butter
¼ c. sugar
5 Tbsp. bitter cocoa
1 tsp. vanilla
1 egg
1 c. shredded coconut
2 c. graham cracker crumbs
½ c. chopped walnuts

Cook until custard consistency the butter, sugar, cocoa, vanilla, and egg. Remove from heat; add coconut, cracker crumbs and walnuts. Blend well and pack into 9x13 inch pan. Refrigerate until set.

Layer 2:

¼ c. butter
2 c. powdered sugar
3 Tbsp. milk
2 Tbsp. uncooked instant pudding

Cream together butter, powdered sugar, milk, and uncooked instant pudding (whatever flavor desired); spread over cookie base and refrigerate.

Layer 3:

1 c. semi-sweet chocolate chips
½ c. milk chocolate chips
2 Tbsp. butter

Melt chocolate chips; mix in butter until melted. Spread over preceding and refrigerate again.

Melinda Weaver

NEVER FAIL MERINGUE

1 Tbsp. cornstarch
2 Tbsp. cold water
½ c. boiling water
3 egg whites (can use 2)
6 Tbsp. sugar
1 tsp. vanilla
Dash of salt

Blend cornstarch and cold water in saucepan. Add boiling water and cook, stirring until clear and thickened. Let stand until completely cold. With electric mixer at high speed, beat egg whites until foamy. Gradually add sugar and beat until stiff, but not dry. Turn mixer to low speed; add salt and vanilla. Gradually beat in cold cornstarch mixture. Turn mixer to high speed and beat well. Spread meringue on filled pie shell. Bake at 350° about 10 or 12 minutes or until brown.

CORN FLAKE MACAROONS

2 egg whites
¼ tsp. salt
1 c. sugar
½ tsp. vanilla
2 c. corn flakes

Beat egg whites until stiff but not dry with the salt. Fold in the sugar, vanilla and the corn flakes. Drop this mixture by the teaspoonful, well apart, on a well greased cookie sheet. Bake the macaroons in a moderate oven at 350° from 14 to 18 minutes. Remove them at once from the pan. Use a spatula. If they stick to the pan, return them to the oven to reheat or place the sheet on a wet cloth. You may add ½ cupful of shredded coconut if you wish.

Beverly Anne Glaum

LEMON SQUARES

1 c. flour
½ c. butter
¼ c. powdered sugar
2 eggs
1 c. granulated sugar
½ tsp. baking powder
2½ Tbsp. fresh lemon juice
Dash of salt

Blend first 3 ingredients with finger tips until well mixed. Pat evenly into the bottom of an 8x8 inch baking pan. Bake for 20 minutes at 350°.

Meanwhile, beat together the other ingredients. Pour over baked crust and return to oven for 20 to 25 minutes at same temperature. Cool on rack. Cut in squares. Sprinkle with powdered sugar.

Dorothy Neely

CARAMEL CORN

1 c. butter or margarine
½ c. light or dark corn syrup
1 tsp. vanilla
1 c. brown sugar
1 tsp. salt
½ tsp. baking soda
6 qt. popped corn

Melt butter and stir in brown sugar, corn syrup and salt. Bring to boil, stirring constantly, then boil without stirring for 5 minutes. Remove from heat and add baking soda and vanilla. Gradually pour over popped corn. Turn into large shallow pan and bake at 250° for 60 minutes, stirring every 15 minutes. Remove from oven; cool and break apart. You can freeze.

If you wish sweeter caramel corn, use 2 cups brown sugar instead of 1.

Dorothy Neely

COFFEE CAN ICE CREAM

3 lb. can with lid
1 lb. can with lid
Crushed ice
Rock salt

Ice cream:

2 c. milk
½ c. sugar
1 egg
½ tsp. vanilla

Beat ice cream ingredients well in 1 pound can; put on lid. Place can in 3 pound can. Pack with layers of ice and rock salt. Put on big lid. Roll between people for 10 minutes. Remove small can. *Wipe off salt.* Restir ice cream; reseal, repack with ice and rock salt, and roll for 10 more minutes. Not just fun but *really* yummy.

Especially good in camp! A heavenly reward for an earthly activity.

Lynn Hicks

Notes

CANDY, JELLY, PRESERVES

NO-FAIL FABULOUS FUDGE

1 lb. Hershey's semi-sweet bars
12 oz. semi-sweet chocolate chips
1 pt. marshmallow cream
4½ c. sugar
1 large can evaporated milk
1 cube butter
1 Tbsp. vanilla
1 lb. chopped walnuts

Combine sugar, milk and butter in large saucepan; bring to a boil, stirring constantly. Boil for 4½ minutes. Remove from heat and add chocolate and marshmallow cream. Blend well. Add vanilla and nuts. Spread in 9x13 inch or 9x15 inch lightly oiled pan. Refrigerate.

For darker fudge, use some bitter baking chocolate in place of part of the chocolate chips.

Cathy Weaver

SEE'S $150.00 FUDGE RECIPE

4½ c. sugar
1 (13 oz.) can Pet milk
2 c. chopped walnut meats
½ lb. butter
4 (6 oz.) pkg. chocolate chips
1 (8 oz.) pkg. marshmallows
1 tsp. vanilla

Boil sugar and milk for 10 minutes, stirring often. Remove from heat and add rest of ingredients. Pour in large lightly buttered pan.

Ruth Shutt, Penny Devine

CRACKER CANDY

Butter or oil
White soda crackers
1 c. butter
1 c. brown sugar
Pinch of salt
½ tsp. vanilla
12 oz. semi-sweet chocolate chips
1½ c. chopped nuts

Line cookie sheet with aluminum foil. Grease foil with butter or oil. Cover foil with 40 soda crackers (or however many it takes). In saucepan, put butter, brown sugar and salt. Boil for 2 minutes. Remove from heat and add vanilla, then pour over crackers. Bake for 5 minutes at 350°. Remove from oven and immediately sprinkle on chocolate chips and chopped nuts.

Cathy Weaver

HEALTHFUL CANDIES

Number 1:

½ c. peanut butter
½ c. honey
1 c. powdered milk
1 c. nuts, sunflower seeds, raisins, or coconut

Mix these ingredients into a dough consistency. Don't worry if its stiff. Roll in shredded coconut.

Number 2 - Dark Candy:

1 c. peanut butter
1 c. honey
¾ c. nuts (preferably walnuts)
½ c. sunflower seeds, raisins, sesame seeds, etc.
½ c. carob powder

Put peanut butter and honey in saucepan; heat until smooth, stirring. Add ½ cup carob powder (if not chocolate). Mix well together; press into a buttered dish and chill. When chilled, cut into squares.

Betty Tipton

CANDY TAFFY

2 c. sugar
½ c. water
½ c. vinegar
Coloring and flavoring to taste

Boil all ingredients until brittle when dropped in cold water. Cool on large, well greased (with butter) platters to cool enough to pull. Pull fast and hard with greased hands until "white" and begins to break. Let cool till cold. Break and serve.

Penny Devine, Gram Wilson

PEANUT BRITTLE

1 c. sugar
½ c. Karo (white)
½ c. water
¼ c. cold milk
1 c. raw peanuts
2 Tbsp. butter
1 tsp. soda
Dash of salt

Cook sugar, Karo and water to medium hard ball (240° on thermometer); add raw peanuts and cook to 300°. Stir constantly. Remove from fire and add 2 tablespoons butter, 1 teaspoon soda and dash of salt. Stir well. Spread evenly with a fork on a well greased cookie sheet. Cool to harden and break into manageable size pieces.

Penny, Gram Wilson, Elaine Wilson

RHUBARB JAM

3 c. sugar
1 pkg. strawberry jello
5 c. finely chopped rhubarb

Put sugar and rhubarb together in large saucepan. Let stand overnight. In morning, cook till mushy and add jello. Can or freeze.

Gram Wilson

SIP AND CHEER DRINK

¾ c. bourbon
12 oz. can frozen lemonade concentrate, thawed
12 oz. (1½ c.) beer, chilled
1 Tbsp. lemon juice
Lemon slices (if desired)
Mint leaves (if desired)

In 2 quart nonmetal container, combine everything. Refrigerate. Serve over ice in punch bowl. Garnish with mint leaves and lemon slices. Makes 8 (½ cup) servings.

Mike Dore

SPICED CHRISTMAS PUNCH

3 qt. water
½ c. sugar
¾ c. red hot candies
6 to 8 whole cloves
1 qt. cranberry juice cocktail
1 (6 oz.) can frozen orange juice
1 (6 oz.) can frozen lemonade

Bring 1 quart water to boil; add sugar, red hots and cloves. Stir constantly until sugar and red hots are dissolved. Add remaining water and juice. Heat thoroughly. Serve hot.

Vicki Lafser

THREE-FRUIT PUNCH

1 (6 oz.) can frozen lemonade
1 (10 oz.) pkg. frozen strawberries, thawed
8 oz. can crushed pineapple
3 qt. ginger ale
Crushed ice

Put lemonade concentrate, pineapple and strawberries in blender. Cover and run on speed 7 or high until completely smooth. Combine with ginger ale and pour over crushed ice in a punch bowl. Yield: 1 gallon (32 servings).

Dorothy Neely

LOW-CAL EGGNOG (Lowfat)

1½ egg substitute, beaten until fluffy
2 Tbsp. sweetener
2 Tbsp. vanilla
1 can evaporated milk
3 c. nonfat milk
1 Tbsp. brandy extract
Nutmeg

Just mix it all together. Has 72 calories, 1½ g fat.

Betty Tipton

MARINADE 1

1½ c. oil
¾ c. soy sauce
¼ c. Worcestershire sauce
½ c. vinegar
2¼ tsp. salt
2 minced cloves garlic
2 Tbsp. dry mustard (may use 4 Tbsp. prepared)
1 Tbsp. pepper
1½ tsp. parsley
⅓ c. lemon juice

Beat all ingredients together. Use as a marinade as directed. Especially good with poultry when baking. Baste several times.

Pam Bigelow

MARINADE 2

2 Tbsp. oil
¾ c. chili sauce
¼ c. hot catsup
¼ c. vinegar
1 tsp. minced garlic
1 Tbsp. brown sugar
2 Tbsp. honey
2 Tbsp. dry mustard
1 c. water

This is especially good to marinate beef for an hour or so before barbecuing.

Pam Bigelow

WESTERN BERRY SYRUP

1¼ c. prepared berry juice
1¾ c. sugar or 1½ c. sugar and ¼ c. light corn syrup

Extract the juice from the ripe berries (blackberries or any berries), as for jelly. Combine juice with sugar or sugar and corn syrup. Bring to a full rolling boil. Boil for 1 minute. Remove from heat and skim off foam. If you have a large quantity of juice and wish to can, pour into clean, hot jars and adjust jar lids. Process 10 minutes in a boiling water bath.

If you prefer less sweet, reduce the amount of sugar used to suit your taste.

Dorothy Neely

FOREVER YOUNG FOOD

2 c. peanut butter
1 c. wheat germ oil
1 c. sunflower seeds
1 c. sesame seeds
1 c. lemon juice
2 c. honey
1 c. ground almonds
1 c. coconut
1 c. chia seed

Mix all together. Store in small containers. Does not need freezing but keeps indefinitely. Wonderful for a healthful snack.

Pam Bigelow

GRANOLA

5 c. rolled oats
1 c. almonds, coarsely cut
1 c. sesame seeds
1 c. sunflower seeds
1 c. coconut
1 c. wheat germ or oat bran
1 c. protein powder (or powdered milk)
1 c. hot water
1 c. oil
1 to 2 Tbsp. vanilla
3 drops of almond extract
2 Tbsp. molasses
1 Tbsp. honey
½ tsp. salt

Combine first 7 ingredients in a large bowl. In a separate bowl, mix together next 7 ingredients. Combine liquid with dry ingredients. Spread in baking pan. Bake at 275° for 1 hour.

Dorothy Neely

CANDIDA CONTROL SALAD DRESSING

2 eggs (room temperature)
½ c. fresh squeezed lemon juice
¼ tsp. sea salt
1¼ c. unrefined cold pressed veggie oil
1 tsp. Stavia Raudindiana (herbal sweetener)
Garlic powder (oil free) to taste
Onion powder (oil free) to taste
Fresh herbs (optional)

Combine all ingredients, except oil, in blender at high speed for 1 minute. Slowly add oil. Store in glass jar in refrigerator. You may add more lemon or more sweetener depending on how tart you prefer. This also makes a good sauce for dipping vegetables or add a little dill (fresh) for a sauce for fish.

Karen Layman

TANGY SALAD DRESSING

3 Tbsp. flour
3 Tbsp. sugar
1 tsp. salt
1 tsp. dry mustard
2 Tbsp. oil
4 well beaten egg yolks or 2 whole eggs
⅓ c. vinegar
1¼ c. water

Mix first 4 ingredients in top of double boiler. Add next 4 ingredients. Stir constantly over rapidly boiling water 6 minutes or until mixture begins to thicken. Reduce heat and continue to cook and stir 5 minutes more. Pour into bowl or jar. Cover. Cool. Store in refrigerator.

Evelyn Scott

IF YOU LIKE A SOUR SALAD DRESSING

⅔ c. oil
⅔ c. rice and wine vinegar (mixed)
1½ Tbsp. soy sauce
1½ Tbsp. syrup
Garlic bulbs to taste

Blend in blender until garlic is no longer discernible. Pour small amount over mixed vegetables and fish or meat; toss.

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KITCHEN HINTS

If you've over-salted soup or vegetables, add cut raw potatoes and discard once they have cooked and absorbed the salt.

A teaspoon each of cider vinegar and sugar added to salty soup or vegetables will also remedy the situation.

If you've over-sweetened a dish, add salt.

A teaspoon of cider vinegar will take care of too-sweet vegetable or main dishes.

Pale gravy may be browned by adding a bit of instant coffee straight from the jar . . . no bitter taste, either.

If you will brown the flour well before adding to the liquid when making gravy, you will avoid pale or lumpy gravy.

A different way of browning flour is to put it in a custard cup placed beside meat in the oven. Once the meat is done, the flour will be nice and brown.

Thin gravy can be thickened by adding a mixture of flour or cornstarch and water, which has been mixed to a smooth paste, added gradually, stirring constantly, while bringing to a boil.

Lumpless gravy can be your triumph if you add a pinch of salt to the flour before mixing it with water.

A small amount of baking soda added to gravy will eliminate excess grease.

Drop a lettuce leaf into a pot of homemade soup to absorb excess grease from the top.

If time allows, the best method of removing fat is refrigeration until the fat hardens. If you put a piece of waxed paper over the top of the soup, etc. it can be peeled right off, along with the hardened fat.

Ice cubes will also eliminate the fat from soup and stew. Just drop a few into the pot and stir; the fat will cling to the cubes; discard the cubes before they melt. Or, wrap ice cubes in paper towel or cheesecloth and skim over the top.

If fresh vegetables are wilted or blemished, pick off the brown edges, sprinkle with cool water, wrap in paper towel and refrigerate for an hour or so.

Perk up soggy lettuce by adding lemon juice to a bowl of cold water and soak for an hour in the refrigerator.

Lettuce and celery keep longer if you store them in paper bags instead of cellophane.

To remove the core from a head of lettuce, hit the core end once against the counter sharply. The core will loosen and pull out easily.

Cream will whip faster and better if you'll first chill the cream, bowl, and beaters well.

Soupy whipped cream can be saved by adding an egg white, then chilling thoroughly. Rebeat for a fluffy surprise!

A few drops of lemon juice added to whipping cream helps it whip faster and better.

Cream whipped ahead of time will not separate if you add ¼ teaspoon unflavored gelatin per cup of cream.

A dampened and folded dish towel placed under the bowl in which you are whipping cream will keep the bowl from dancing all over the counter top.

Brown sugar won't harden if an apple slice is placed in the container.

But if your brown sugar is already brick-hard, put your cheese-grater to work and grate the amount you need.

KITCHEN HINTS

A slice of soft bread placed in the package of hardened brown sugar will soften it again in a couple of hours.

Potatoes will bake in a hurry if they are boiled in salted water for 10 minutes before popping into a very hot oven.

A leftover baked potato can be rebaked if you dip it in water and bake in a 350° oven for about 20 minutes.

A thin slice cut from each end of the potato will speed up baking time as well.

You'll shed less tears if you'll cut the root end off of the onion last.

No more tears when peeling onions if you place them in the deep freeze for four or five minutes first.

Scalding tomatoes, peaches, or pears in boiling water before peeling makes it easier on you and the fruit — skins slip right off.

Ripen green fruits by placing in a perforated plastic bag. The holes allow air movement, yet retain the odorless gas which fruits produce to promote ripening.

To hasten the ripening of garden tomatoes or avocados, put them in a brown paper bag, close the bag and leave at room temperature for a few days.

When pan frying always heat the pan before adding the butter or oil.

A little salt sprinkled into the frying pan will prevent spattering.

Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.

Vinegar brought to a boil in a new frying pan will prevent foods from sticking.

Muffins will slide right out of tin pans if the hot pan is first placed on a wet towel.

No sticking to the pan when you're scalding milk if you'll first rinse the pan in cold water.

Add a cup of water to the bottom portion of the broiling pan before sliding into the oven, to absorb smoke and grease.

A few teaspoons of sugar and cinnamon slowly burned on top of the stove will hide unpleasant cooking odors and make your family think you've been baking all day!

A lump of butter or a few teaspoons of cooking oil added to water when boiling rice, noodles, or spaghetti will prevent boiling over.

Rubbing the inside of the cooking vessel with vegetable oil will also prevent noodles, spaghetti, and similar starches from boiling over.

A few drops of lemon juice added to simmering rice will keep the grains separate.

Grating a stick of butter softens it quickly.

Soften butter for spreading by inverting a small heated pan over the butter dish for a while.

A dip of the spoon or cup into hot water before measuring shortening or butter will cause the fat to slip out easily without sticking to the spoon.

Before measuring honey or other syrup, oil the cup with cooking oil and rinse in hot water.

Catsup will flow out of the bottle evenly if you will first insert a drinking straw, push it to the bottom of the bottle, and remove.

If you wet the dish on which the gelatin is to be unmolded, it can be moved around until centered.

KITCHEN HINTS

A dampened paper towel or terry cloth brushed downward on a cob of corn will remove every strand of corn silk.

An easy way to remove the kernels of sweet corn from the cob is to use a shoe horn. It's built just right for shearing off those kernels in a jiffy.

To determine whether an egg is fresh, immerse it in a pan of cool, salted water. If it sinks, it is fresh; if it rises to the surface, throw it away.

Fresh eggs' shells are rough and chalky; old eggs are smooth and shiny.

To determine whether an egg is hard-boiled, spin it. If it spins, it is hard-boiled; if it wobbles and will not spin it is raw.

Egg whites won't run while boiling or poaching if you'll add a little vinegar to the water.

Eggs will beat up fluffier if they are allowed to come to cool room temperature before beating.

For baking, it's best to use medium to large eggs; extra large eggs may cause cakes to fall when cooled.

Egg shells can be easily removed from hard-boiled eggs if they are quickly rinsed in cold water first.

For fluffier omelets, add a pinch of cornstarch before beating.

For a never fail, never weep meringue, add a teaspoon of cornstarch to the sugar before beating it into the egg whites.

Once your meringue is baked, cut it cleanly, using a knife coated with butter.

A meringue pie may be covered with waxed paper or plastic wrap with no fear of sticking, if you'll first grease the paper with oleo.

No "curly" bacon for breakfast when you dip it into cold water before frying.

Keep bacon slices from sticking together; roll the package into a tube shape and secure with rubber bands.

A quick way to separate frozen bacon: heat a spatula over a burner, slide it under each slice to separate it from the others.

Cheese won't harden if you'll butter the exposed edges before storing.

A cloth dampened with vinegar and wrapped around cheese will also prevent drying out.

Thaw fish in milk. The milk draws out the frozen taste and provides a fresh-caught flavor.

When browning any piece of meat, the job will be done more quickly and effectively if the meat is very dry and the fat is very hot.

You'll get more juice from a lemon if you'll first warm it slightly in the oven.

Popcorn will stay fresh and you will eliminate "old maids" if you store it in the freezer.

Running ice cold water over the kernels before popping will also eliminate "old maids".

After flouring chicken, chill for one hour. The coating adheres better during frying.

Empty salt cartons with spouts make dandy containers for bread crumbs. A funnel is used for getting the crumbs into the carton.

A sack of lumpy sugar won't be if you place it in the refrigerator for 24 hours.

CLEANUPS

Fill blender part way with hot water; add a drop of detergent; cover and turn it on for a few seconds. Rinse and drain dry.

Loosen grime from can openers by brushing with an old toothbrush. To clean blades, run a paper towel through the cutting process.

Don't panic if you accidentally scorch the inside of your favorite saucepan. Just fill the pan halfway with water and add ¼ cup baking soda. Boil awhile until the burned portions loosen and float to the top.

A jar lid or a couple of marbles in the bottom half of a double-boiler will rattle when the water gets low and warn you to add more before the pan scorches or burns.

To remove lime deposits from teakettles, fill with equal parts vinegar and water. Bring to a boil and allow to stand overnight.

Before washing fine china and crystal, place a towel in the bottom of the sink to act as a cushion.

To remove coffee or tea stains and cigarette burns from fine china, rub with a damp cloth dipped in baking soda.

To quickly remove food that is stuck to a casserole dish, fill with boiling water and 2 tablespoons of baking soda or salt.

To clear a sink or basin drain, pour ½ cup of baking soda followed by a cup of vinegar down the drain . . .let the mixture foam, then run hot water.

When a drain is clogged with grease, pour a cup of salt and a cup of baking soda followed by a kettle of boiling water.

Silver will gleam after a rubbing with damp baking soda on a soft cloth.

For a fast and simple clean-up of your hand grater, rub salad oil on the grater before using.

A toothbrush works great to clean lemon rind, cheese, onion, etc. out of the grater before washing it.

While baking fruit pies, does the juice runneth over? Shake salt into the spills. They'll burn to a crisp and can be easily scraped up with a spatula.

Grease splatters or other foods that have dried on the stove, burner rings, counter appliances, etc., may be removed by applying dry baking soda to the spots, then rubbing with a damp cloth. Rinse with clear water, dry and enjoy the like-new look.

CALORIE COUNTER

Almonds:
- roasted in oil, salted, 9-10 nuts 62

Apple butter, 1 tbsp. 33
Apple juice, canned or bottled, 1 cup 117
Apples:
- fresh, with skin, 1 average (2½" diameter) 61
- dried, cooked, sweetened, ½ cup 157
- dried, cooked, unsweetened, ½ cup 100

Applesauce, canned, sweetened, ½ cup 116
Applesauce, canned, unsweetened, ½ cup 50
Apricot nectar, canned or bottled, 1 cup 143
Apricots:
- fresh, 3 average (12 per lb.) 55
- canned, 4 halves with 2 tbsp. heavy syrup 105
- canned, water pack, ½ cup with liquid 38

Asparagus:
- canned, drained, cut spears, ½ cup 25
- frozen, 6 spears 23

Avocados, 3⅛" diameter 185

Bacon, fried, drained, 2 medium slices 86
Bacon, Canadian, fried, drained, 1 slice 58
Bagel, egg or water, 1 medium (3" diameter) 165
Bamboo shoots, raw, cuts, ½ cup 21
Bananas, 1 average 118
Bean sprouts, soy, raw, ½ cup 24
Beans, baked, canned:
- with pork and tomato sauce, ½ cup 156

Beans, green or snap:
- fresh, boiled, drained, cuts or French style, ½ cup .. 16
- canned, with liquid, ½ cup 22

Beans, lima, immature seeds:
- boiled, drained, ½ cup 95
- canned, with liquid, ½ cup 88

Beans, pea, navy, or white, dry, cooked, ½ cup 112
Beans, red kidney, canned, with liquid, ½ cup 115
Beef, choice grade cuts (without bone):
- brisket, lean only, braised, 4 oz. 253
- chuck, arm, lean only, pot-roasted, 4 oz. 219
- club steak, lean only, broiled, 4 oz. 277
- flank steak, lean only, pot-roasted, 4 oz. 222
- ground, lean (10% fat), broiled, 4 oz. 248
- porterhouse steak, lean only, broiled, 4 oz. 254
- rib, lean only, roasted, 4 oz. 273
- round steak, lean only, broiled, 4 oz. 214
- rump, lean only, roasted, 4 oz. 236
- short plate, lean only, simmered, 4 oz. 253
- sirloin steak, double-bone, lean only, broiled, 4 oz. . 245
- sirloin steak, round-bone, lean only, broiled, 4 oz. . 235
- T-bone steak, lean only, broiled, 4 oz. 253

Beef, corned:
- boiled, medium-fat, 4 oz. 422
- canned, lean, 4 oz. 211

Beef and vegetable stew, canned, 4 oz. 90
Beets:
- boiled, drained, sliced, ½ cup 33

Blackberries:
- fresh, ½ cup 42
- canned, juice pack, ½ cup with liquid 68

Blueberries:
- fresh, ½ cup 45
- canned, water pack, ½ cup with liquid 47

Bologna, all meat, 4 oz. 315
Boysenberries:
- canned, water pack, ½ cup with liquid 45
- frozen, unsweetened, ½ cup 30

Braunschweiger (smoked liverwurst), 4 oz. 362
Brazil nuts (3 large nuts) 90
Bread, commercial:
- Boston brown, 1 slice 101
- cracked wheat, 1 slice, 20 per loaf 60
- French, 1 slice 44
- Italian, 1 slice 28
- pumpernickel, 1 slice 79
- raisin, 1 slice, 20 per loaf 60
- rye, light, 1 slice, 20 per loaf 56
- white, firm-crumb type, 1 slice, 20 per loaf 63
- whole wheat, firm-crumb type, 1 slice, 20 per loaf .. 56

Bread stuffing, mix, mixed with butter, water, ½ cup . 250
Broccoli:
- raw, 1 large spear 32
- boiled, drained, cut spears, ½ cup 20

Brussels sprouts boiled, drained ½ cup 28
Butter, 1 Tbsp. 100
Butter, whipped, 1 tbsp. 67

Cabbage:
- red, raw, chopped or shredded, ½ cup 14
- white, raw, chopped or shredded, ½ cup 11

Cake, mix, prepared as directed on package:
- angelfood, without icing, 3½-oz. serving 269
- coffee cake, 3½-oz. serving 322
- devil's food, with chocolate icing, 3½-oz. serving .. 369
- white, with chocolate icing, 3½-oz. serving 351
- yellow, with chocolate icing, 3½-oz. serving 365

Candies, 1-oz. serving:
- almonds, chocolate-covered 161
- butter mints, after dinner (Kraft) 106
- butterscotch 112
- cherries, dark chocolate-covered (Welch's) 115
- chocolate, milk 147
- chocolate, semi-sweet 144
- coconut, chocolate-covered 124
- fudge, chocolate, with nuts 121
- gum drops 98
- jelly beans 104
- licorice (Switzer) 101
- Life Savers, all flavors except mint 111
- Life Savers, mint 108
- mints, chocolate-covered 116
- marshmallows (Campfire) 100
- peanut brittle 119
- peanut cluster, chocolate-covered (Kraft) 151
- raisins, chocolate-covered 120
- toffee, chocolate (Kraft) 111

Cantaloupe, fresh, ½ melon, 5" diameter 58
Carrots:
- raw, 1 average 21
- boiled, drained, diced, ½ cup 23

Catsup, tomato, bottled, 1 tbsp. 16
Cauliflower:
- raw, flowerbuds, sliced, ½ cup 12
- boiled, drained, flowerbuds, ½ cup 14

Celery, raw, 1 outer stalk (8" long) 7
Cereals:
- All-bran, 1 cup 192
- bran, 100% (Nabisco), 1 cup 150
- bran flakes, 40%, 1 cup 106
- bran flakes with raisins, 1 cup 144
- corn flakes, 1 cup 97
- corn flakes, sugar coated, 1 cup 154
- Cream of Wheat, cooked, 1 cup 133
- farina, quick-cooking, cooked, 1 cup 105
- oat flakes, (Post), 1 cup 165
- oatmeal or rolled oats, cooked, 1 cup 132
- rice, puffed, 1 cup 60
- wheat flakes, 1 cup 106
- wheat, puffed, 1 cup 54
- wheat, puffed, presweetened, 1 cup 132
- wheat, shredded, 1 biscuit (2½" x 2" x 1¼") 89

Cheese:
- American, processed, 1 oz. 105
- blue or Roquefort type, 1 oz. 104
- brick, 1 oz. 105
- cheddar, domestic, 1 oz. 113
- cottage, creamed, small curd, ½ cup 112

CALORIE COUNTER

- cream, 1 tbsp. . . . 52
- cream, whipped, 1 tbsp. . . . 37
- Gouda, 1 oz. . . . 108
- Monterey Jack, 1 oz. . . . 103
- Mozzarella, part-skim, 1 oz. . . . 85
- Muenster, 1 oz. . . . 100
- Neufchatel (Borden's), 1 oz. . . . 73
- Old English, processed, 1 oz. . . . 105
- Parmesan, grated, 1 Tbsp. . . . 23
- pimiento, American, processed, 1 oz. . . . 105
- Provolone, 1 oz. . . . 99
- ricotta, moist, 1 oz. . . . 45
- Romano, 1 oz. . . . 110
- Roquefort, 1 oz. . . . 105
- Swiss, domestic, 1 oz. . . . 104

Cheese food, American, processed, 1 oz. . . . 92

Cherries:
- sweet, fresh, whole, ½ cup . . . 41

Cherries, maraschino, bottled, 1 oz. with liquid . . . 33

Chestnuts, fresh, 10 average . . . 141

Chicken:
- broiled, meat only, 4 oz. . . . 154
- roasted, dark meat, 4 oz., no skin . . . 204
- roasted, light meat, 4 oz., no skin . . . 207

Chili, with beans, canned ½ cup . . . 170

Chili, without beans, canned, ½ cup . . . 255

Coconut:
- dried, sweetened, shredded, ½ cup . . . 258

Cod (meat only):
- broiled, with butter, fillets, 4 oz. . . . 192
- frozen, fish sticks, breaded, 5 sticks, 4 oz. . . . 276

Coffee, prepared, plain, 1 cup . . . 2

Coleslaw, commercial, with mayonnaise, ½ cup . . . 87

Cookies, commercial:
- brownies, from mix, with nuts and water, 1 oz. . . . 114
- butter thins, 1 piece (2" diameter) . . . 23
- chocolate chip, 1 piece (2¼" diameter) . . . 50
- coconut bar, 1 oz. . . . 140
- fig bar, 1 average piece . . . 50
- gingersnaps, 1 piece (2" diameter) . . . 29
- graham cracker, plain, 1 piece (5" x 2½") . . . 55
- ladyfinger, 1 piece . . . 40
- macaroon, 1 piece (2¾" diameter) . . . 91
- oatmeal with raisins, 1 piece (2⅝" diameter) . . . 59
- peanut sandwich, 1 piece (1¾" diameter) . . . 58
- shortbread, 1 average piece . . . 37
- vanilla wafer, 1 piece (1¾" diameter) . . . 19

Corn:
- boiled, drained on cob, 1 ear (5" x 1¾") . . . 70
- boiled, drained, kernels, ½ cup . . . 69
- canned, cream style, ½ cup . . . 105

Corn chips (Fritos), 1 oz. . . . 166

Crackers:
- bacon-flavor, 1 oz. . . . 127
- butter, round, 1 piece (1⅞" diameter) . . . 15
- cheese, round, 1 piece (1⅝" diameter) . . . 17
- Melba toast, white, regular, 1 piece . . . 15
- Rye-Krisp, 1 piece (1⅞" x 3½") . . . 21
- saltines, 1 piece . . . 12
- whole wheat, 1 oz. . . . 114

Cranberry juice cocktail, canned or bottled, 1 cup . . . 164

Cranberry sauce, canned, strained, ½ cup . . . 202

Cream:
- half and half, ½ cup . . . 162
- sour, 1 tbsp. . . . 26
- whipping, light, ½ cup unwhipped . . . 358
- whipping, heavy, ½ cup, unwhipped . . . 419

Cream substitute, non-dairy, dry, 1 tbsp. . . . 33

Cucumber, with skin, 1 large (8¼" long) . . . 45

Dates, domestic, 10 average . . . 219

Duck, domestic, roasted, meat only, 4 oz. . . . 352

Eclair, custard filled, with chocolate icing, 1 average . 239

Eggnog, 8% fat (Borden's), ½ cup . . . 171

Eggplant, boiled, drained, diced, ½ cup . . . 19

Eggs, chicken:
- boiled or poached, 1 large egg . . . 82
- fried, with 1 tsp. butter, 1 large egg . . . 99
- scrambled, with 1 tsp. butter, 1 large egg . . . 111

Endive, raw, 10 small leaves . . . 5

Escarole, raw, 1 large leaf . . . 4

Fat, vegetable shortening, 1 tbsp. . . . 111

Figs:
- dried, 1 large fig (2" x 1") . . . 57

Fish cakes, fried, frozen, reheated, 4 oz. . . . 306

Flour:
- all-purpose, sifted, 1 cup . . . 419
- buckwheat, dark, sifted, 1 cup . . . 326
- cake or pastry, sifted, 1 cup . . . 349
- rye, dark, unsifted, 1 cup . . . 419
- wheat, self-rising, sifted, 1 cup . . . 405

Frankfurters, all-meat, 1 average (10 per lb.) . . . 133

Fruit cocktail, canned, water pack, ½ cup with liquid . . 46

Fruit, mixed, frozen, sweetened, 4 oz. . . . 125

Gelatin dessert, flavored, prepared with water, ½ cup . 71

Gooseberries, fresh, ½ cup . . . 30

Grape drink, canned, 1 cup . . . 135

Grape juice, canned or bottled, 1 cup . . . 167

Grapes:
- fresh (Concord, Delaware, etc.), 10 . . . 18
- fresh (Thompson seedless, etc.), 10 . . . 34

Grapefruit juice:
- canned, sweetened, 1 cup . . . 133
- canned, unsweetened, 1 cup . . . 101

Haddock, fried, breaded fillets, 4 oz. . . . 187

Halibut, fillets, broiled with butter, 4 oz. . . . 194

Halibut, frozen, steak, 4 oz. . . . 254

Halibut, smoked, 4 oz. . . . 254

Ham:
- boiled, packaged, 4 oz. (about 4 slices) . . . 266
- fresh, medium-fat, roasted, 4 oz. . . . 426
- picnic, cured, medium-fat, roasted, 4 oz. . . . 368
- canned, cured, lean only, roasted, 4 oz. . . . 241
- canned, deviled, 4 oz. . . . 398

Herring:
- canned, plain, 4 oz. with liquid . . . 236
- pickled, Bismark-type, 4 oz. . . . 253
- smoked, hard, 4 oz. . . . 340

Hickory nuts, shelled, 4 oz. . . . 763

Honey, strained or extracted, 1 tbsp. . . . 64

Honeydew melon:
- fresh, 1 wedge (2" x 7") . . . 49

Ice cream:
- hardened, rich, 16% fat, ½ cup . . . 165
- soft-serve (frozen custard), ½ cup . . . 167

Ice cream bar, chocolate coated, 3-oz. bar . . . 162

Ice cream cone, sugar 1 cone . . . 37

Ice cream cone, waffle, 1 cone . . . 19

Ice milk, hardened, 5.1% fat, ½ cup . . . 100

Ice milk, soft-serve, 5.1% fat, ½ cup . . . 133

Ice milk bar, chocolate coated, 3-oz. bar . . . 144

Jams and preserves, all flavors, 1 tbsp. . . . 54

Jellies, all flavors, 1 tbsp. . . . 49

Kale:
- fresh, leaves only, 4 oz. . . . 80
- fresh, with stems, boiled, drained, ½ cup . . . 16

Knockwurst, 1 link (4" x 1⅛" diameter) . . . 189

Kumquats, fresh, 1 average . . . 12

CALORIE COUNTER

Lamb, retail cuts:
- chop, loin, lean only, broiled, 2.3 oz. with bone 122
- leg, lean and fat, roasted, boneless, 4 oz. 317
- shoulder, lean only, roasted, boneless, 4 oz. 233

Leeks, raw, 3 average 52
Lemon juice:
- fresh, 1 tbsp. 4

Lemonade, frozen, diluted, 1 cup 107
Lemons, fresh, 1 average (2⅛" diameter) 20
Lentils, whole, cooked, 1 cup 212
Lettuce:
- iceberg, 1 leaf (5" x 4½") 3
- romaine, 3 leaves (8" long) 5

Limes, fresh, 1 average (2" diameter) 19
Liverwurst, fresh, 4 oz. 348
Lobster, cooked in shell, whole, 1 lb. 112
Lobster, cooked or canned, meat only, cubed, ½ cup . 69

Macadamia nuts, 6 average nuts 104
Macaroni, boiled, drained, ½ cup 96
Macaroni and cheese, canned, ½ cup 114
Mackerel, fresh or frozen, broiled with butter, 4 oz. .. 268
Mangos, whole, 1 average (1½ per lb.) 152
Margarine, salted or unsalted, 1 tbsp. 102
Marmalade, citrus flavors, 1 tbsp. 51
Milk, chocolate, canned, with skim milk, 1 cup 190
Milk, chocolate, canned, with whole milk, 1 cup 213
Milk, cow's:
- whole, 3.5% fat, 1 cup 159
- buttermilk, cultured, 1 cup 88
- skim, 1 cup 88
- skim, partially, 1 cup 145
- canned, condensed, sweetened, 1 cup 982
- canned, evaporated, unsweetened, 1 cup 345
- dry, whole, 1 tbsp. dry form 35
- dry, nonfat, instant, 1 envelope (3.2 oz.) 327

Milk, malted, beverage, 1 cup 244
Muffin, corn, mix, made with egg, milk, 1.4 oz. muffin 130
Mushrooms, raw, sliced, chopped or diced, ½ cup ... 10
Mushrooms, canned, with liquid, ½ cup 21
Mustard greens, boiled, drained, ½ cup 16

Nectarines, fresh, 1 average (2½" diameter) 88
Noodles, chow-mein, canned, ½ cup 110
Noodles, egg, cooked, ½ cup 100

Oil, cooking or salad:
- corn, safflower, ,sesame or soy, 1 tbsp. 120
- olive or peanut, 1 tbsp. 119

Olives, pickled, canned or bottled:
- green, 10 large (¾" diameter) 45
- ripe, salt-cured, Greek style, 10 extra large 89

Onions, mature:
- raw, 1 average (2½" diameter) 40
- raw, chopped, 1 tbsp. 4

Orange juice:
- fresh, California, Valencia, 1 cup 117
- fresh, Florida, Valencia, 1 cup 112
- canned, sweetened, 1 cup 130
- canned, unsweetened, 1 cup 120
- frozen, concentrate, unsweetened, diluted, 1 cup . 112

Oranges, fresh, 1 average 71

Pancakes, prepared from mix as directed on package:
- plain and buttermilk, 4" diameter cake 61
- buckwheat and cther flours, 4" diameter cake 54

Papaya juice, canned, 1 cup 120
Papayas, fresh, whole, 1 papaya (3½" x 5⅛") 119
Peach nectar, canned, 1 cup 120
Peaches:
- fresh, 1 average 38
- canned, in juice, 2 peach halves with 2 tbsp. juice .. 45
- dried, ½ cup 210

Peanut butter, commercial, 1 tbsp. 94
Peanuts:
- roasted, in shell, 10 nuts 105
- roasted, chopped, 1 tbsp. 52

Pear nectar, canned, 1 cup 130
Pears:
- fresh, Bartlett, 1 pear (2½" diameter) 100
- canned, in heavy syrup, 1 pear half and 2 tbsp. syrup 71
- dried, ½ cup 241

Peas, green:
- boiled, drained, ½ cup 57

Peas, split, cooked, ½ cup 115
Pecans:
- shelled, 10 large nuts 62
- chopped, 1 tbsp. 52

Peppers, hot, chili:
- green, raw, seeded, 4 oz. 42
- green, chili sauce, canned, ½ cup 25
- red, chili sauce, canned, ½ cup 26

Peppers, sweet, green:
- raw, fancy grade, 1 pepper (3" diameter) 36

Peppers, sweet, red:
- raw, fancy grade, 1 pepper (3" diameter) 51

Perch, ocean, Atlantic, frozen, breaded, 4 oz. 382
Perch, white, raw, meat only, 4 oz. 134
Pickle relish:
- hamburger (Heinz), 1 tbsp. 17
- sweet, 1 tbsp. 21

Pickles, cucumber:
- dill, 1 large (4" long) 15
- sweet gherkins, 1 small (2½" long) 22

Pies, frozen:
- apple, baked, 3⅛" arc (⅛ of 8" pie) 173
- cherry, baked, 3⅛" arc (⅛ of 8" pie) 211
- coconut custard, baked, 3⅛" arc (⅛ of 8" pie) 187

Pimientos, canned, drained, 1 average 10
Pineapple:
- fresh, sliced, 1 slice (3½" diameter x ¾") 44
- canned, heavy syrup, chunks or crushed, ½ cup ... 95
- canned, water pack, tidbits, ½ cup with liquid 48

Pineapple juice, canned, unsweetened, 1 cup 138
Pistachio nuts, chopped, 1 tbsp. 53
Plums:
- damson, fresh, whole, 10 plums (1" diameter) 66
- canned, purple, 3 plums and 2¾ tbsp. liquid 110

Popcorn:
- popped, plain, 1 cup 23
- popped, with oil and salt added, 1 cup 41

Pork:
- Boston butt, lean only, roasted, 4 oz. 279
- chop, lean only, broiled, 4 oz. with bone 308
- loin, lean only, roasted, 4 oz. 288

Potato chips, 10 chips (2" diameter) 114
Potato sticks, ½ cup 95
Potatoes, white:
- baked, in skin, 1 long 145
- boiled, in skin, 1 round 104
- fried, ½ cup 228
- frozen, hash brown, cooked, ½ cup 174
- mashed, with milk and butter, ½ cup 99

Potatoes, sweet:
- baked, in skin, 1 average 161
- boiled, in skin, 1 average 172
- boiled, in skin, mashed, ½ cup 146
- candied, 1 piece (2½" long x 2") 176

Pretzels, commercial varieties:
- rods, 1 pretzel (7½" long) 55
- twisted, 3-ring, 10 pretzels 117

Prune juice, canned or bottled, 1 cup 197
Prunes, dried, medium-size, 1 average 16
Pumpkin, canned, ½ cup 41
Radishes, raw, whole, 10 medium 8
Raisins, seedless (½ cup) 210

CALORIE COUNTER

Raspberries:
- black, fresh, ½ cup . . . 49
- red, fresh, ½ cup . . . 35
- canned, black, water pack, 4 oz. with liquid . . . 58
- canned, red, water pack, ½ cup with liquid . . . 43
- frozen, red, sweetened, ½ cup . . . 123

Rhubarb, cooked, sweetened, ½ cup . . . 191
Rice, cooked (hot):
- brown, long grain, ½ cup . . . 116
- white, long grain, ½ cup . . . 112
- white, parboiled, long grain, ½ cup . . . 93

Rolls and buns, commercial (ready to serve):
- frankfurther or hamburger, 1.4 oz. roll . . . 119
- hard, rectangular, ⅞-oz. roll . . . 78
- raisin, 1-oz. roll . . . 78
- sweet, 1-oz. roll . . . 89
- whole wheat, 1-oz. roll . . . 73

Salad dressings, commercial:
- blue cheese, 1 tbsp. . . . 76
- French, 1 tbsp. . . . 66
- Italian, 1 tbsp. . . . 83
- mayonnaise, 1 tbsp. . . . 101
- Roquefort cheese, 1 tbsp. . . . 76
- Russian, 1 tbsp. . . . 74
- Thousand Island, 1 tbsp. . . . 80

Salami:
- cooked, 1 slice (4" diameter) . . . 68
- dry, 1 slice (3⅛" diameter) . . . 45

Salmon, smoked, 4 oz. . . . 200
Sauces:
- barbecue, 1 tbsp. . . . 17
- soy, 1 tbsp. . . . 12
- tartar, 1 tbsp. . . . 74
- tomato, canned (Hunt's), ½ cup . . . 35

Sauerkraut, canned, ½ cup with liquid . . . 21
Sausages:
- polish, 2.7 oz. sausage (5⅜" long x 1" diameter) . . 231
- pork, cooked, 1 link (4" long x ⅞" diameter) . . . 62
- pork, cooked, 1 patty (3⅞" diameter x ¼") . . . 129
- pork and beef, chopped, 4 oz. . . . 383
- Vienna, canned, 1 sausage (2" long) . . . 38

Sherbet, orange, ½ cup . . . 130
Shrimp:
- fresh, breaded, fried, 4 oz. . . . 255
- canned, drained, 10 medium shrimp . . . 37

Soft drinks:
- cola, 1 cup . . . 96
- cream soda, 1 cup . . . 105
- fruit flavored (citrus, cherry, grape, etc.), 1 cup . . . 113
- root beer, 1 cup . . . 100
- Seven-Up, 1 cup . . . 97

Soup, canned, condensed, diluted with equal part water:
- asparagus, cream of, 1 cup . . . 65
- beans with pork, 1 cup . . . 168
- beef broth, bouillon or consomme, 1 cup . . . 31
- beef noodle, 1 cup . . . 67
- celery, cream of, 1 cup . . . 86
- chicken consomme, 1 cup . . . 22
- chicken, cream of, 1 cup . . . 94
- chicken gumbo, 1 cup . . . 55
- chicken noodle, 1 cup . . . 62
- chicken vegetable, 1 cup . . . 76
- chicken with rice, 1 cup . . . 48
- clam chowder, Manhattan type, 1 cup . . . 81
- minestrone, 1 cup . . . 105
- mushroom, cream of, 1 cup . . . 134
- onion, 1 cup . . . 65
- pea, split, 1 cup . . . 145
- tomato, 1 cup . . . 88
- vegetable beef, 1 cup . . . 78
- vegetarian vegetable, 1 cup . . . 78

Spaghetti:
- plain, boiled 8-10 minutes, drained, ½ cup . . . 96
- canned, in tomato sauce with cheese, ½ cup . . . 95
- canned, with meatballs in tomato sauce, ½ cup . . . 129

Spinach:
- boiled, drained, leaves, ½ cup . . . 21

Squash, summer:
- scallop variety, boiled, drained, sliced, ½ cup . . . 15
- yellow, boiled, drained, sliced, ½ cup . . . 14
- zucchini, boiled, drained, sliced, ½ . . . 11

Squash, winter:
- acorn, baked, ½ squash (4" diameter) . . . 86
- acorn, boiled, mashed, ½ cup . . . 42
- butternut, baked, mashed, ½ cup . . . 70
- butternut, boiled, mashed, ½ cup . . . 50

Strawberries:
- fresh, whole, ½ cup . . . 28
- canned, water pack, ½ cup with liquid . . . 27

Sugar, beet or cane:
- brown, ½ cup firm packed . . . 411
- brown, 1 tbsp. firm packed . . . 52
- granulated, ½ cup . . . 385
- granulated, 1 tsp. . . . 15
- powdered, unsifted, ½ cup . . . 231
- powdered, stirred, 1 tbsp. . . . 31

Sunflower seed kernels, in hull, ½ cup . . . 129
Sunflower seed kernels, hulled, ½ cup . . . 406
Syrups:
- chocolate, thin-type, 1 tbsp. . . . 46
- corn, light or dark, 1 tbsp. . . . 58
- maple, 1 tbsp. . . . 50
- molasses, blackstrap, 1 tbsp. . . . 43
- molasses, light, 1 tbsp. . . . 50
- molasses, medium, 1 tbsp. . . . 46
- sorghum, 1 tbsp. . . . 53

Tangerines, fresh, 1 average (2⅜" diameter) . . . 39
Tomato juice, canned or bottle, 1 cup . . . 46
Tomato juice cocktail, canned or bottled, 1 cup . . . 51
Tomato paste, canned, ½ cup . . . 108
Tomato puree, canned ½ cup . . . 49
Tomatoes, ripe:
- raw, whole, 1 average (about 2⅖" diameter) . . . 20
- canned, ½ cup with liquid . . . 26

Toppings: dessert:
- butterscotch, 1 tbsp. . . . 52
- caramel, 1 tbsp. . . . 72
- chocolate fudge, 1 tbsp. . . . 62
- pineapple, 1 tbsp. . . . 56

Tuna, canned:
- in oil, solid pack or chunk style, drained, ½ cup . . . 158
- in water, all styles, with liquid, 4 oz. . . . 144

Turkey:
- dark meat, roasted, 4 oz. . . . 230
- light meat, roasted, 4 oz. . . . 200
- canned, boned, ½ cup . . . 207

Turnip greens:
- fresh, boiled in small amount water, drained, ½ cup . 15

Turnips, boiled, drained, cubed, ½ cup . . . 18

Vegetable juice cocktail, canned, 1 cup . . . 41
Vegetables, mixed, frozen, boiled, drained, ½ cup . . . 58

Waffles, baked from mix:
- made with egg and milk, 1 round (7" diameter) . . . 206

Walnuts, 10 large nuts . . . 322
Watermelon, with rind, 1 wedge (4" x 8") . . . 111
Wheat bran, commercially milled, 4 oz. . . . 242
Wheat germ, toasted, 1 tbsp. . . . 23

Yogurt, plain:
- partially skim milk, 8-oz. container . . . 113
- whole milk, 8-oz. container . . . 140

COUPON SECTION

A special THANK YOU to the following companies for their participation in this coupon section:

Pet, Inc.

Hershey Chocolate U.S.A.

Heinz

Pillsbury

Red Star Yeast & Products

Borden

Hidden Valley Ranch

Hunt-Wesson, Inc.

Bruce Foods Corp.

Shade Pasta, Inc.

25¢ OFF 2 any size any flavor

UNDERWOOD® MEAT SPREADS

MANUFACTURER'S COUPON
EXPIRES 11/30/92

DEALER: To redeem this coupon, mail it to **PET INCORPORATED, P.O. BOX 870127, EL PASO, TX 88587-0127.** You will be paid 25¢ plus 8¢ handling. Invoices proving purchases of sufficient stock to cover coupons presented for redemption must be shown upon request. Cash redemption value 1/20 of one cent. Offer void where prohibited, taxed or restricted by law. This coupon good only on brand specified. Any other use constitutes fraud.

A9117

618879

5 47800 11057 2

Quality, Toasted Enriched Bread Crumbs — convenient & ready-to-use — Plain or Italian-Style!

America's favorite Bread Crumbs!

20¢ OFF any PROGRESSO® Bread Crumbs

20¢ OFF

MANUFACTURER'S COUPON
EXPIRES 11/30/92

DEALER: To redeem this coupon, mail it to **PET INCORPORATED, P.O. BOX 870127, EL PASO, TX 88587-0127.** You will be paid 20¢ plus 8¢ handling. Invoices proving purchases of sufficient stock to cover coupons presented for redemption must be shown upon request. Cash redemption value 1/20 of one cent. Offer void where prohibited, taxed or restricted by law. This coupon good only on brand specified. Any other use constitutes fraud.

A9086

853406

5 41196 14120 2

15¢ OFF 2 12 oz. cans of Pet® Evaporated Milk or Pet Light

15¢ OFF 2

MANUFACTURER'S COUPON
EXPIRES 11/30/92

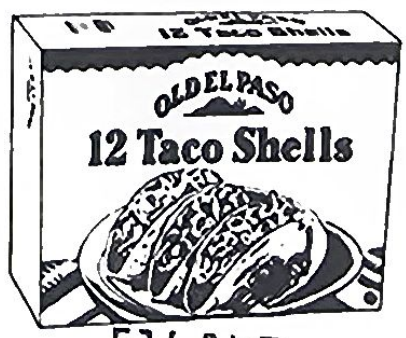
DEALER: To redeem this coupon, mail it to **PET INCORPORATED, P.O. BOX 870127, EL PASO, TX 88587-0127.** You will be paid 15¢ plus 8¢ handling. Invoices proving purchases of sufficient stock to cover coupons presented for redemption must be shown upon request. Cash redemption value 1/20 of one cent. Offer void where prohibited, taxed or restricted by law. This coupon good only on brand specified. Any other use constitutes fraud.

221005 A9080

5 46000 21054 9

MANUFACTURER'S COUPON / EXPIRES 11/30/92

SAVE 20¢ on any OLD EL PASO® Taco Shells



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A9136

516842

46000 12020

30¢ Manufacturer's Coupon | Expiration Date 12/31/94 30¢

30¢ OFF any Hershey's Cocoa

116 532

5 34000 32030 6

RETAILER: We will redeem coupon for face value plus 8¢ handling if submitted in compliance with Hershey's redemption policy incorporated herein by reference. Void if reproduced or where prohibited by law. Good in the U.S.A. Cash value 1/20¢. Mail to: Hershey's Chocolate U.S.A., Box Number 870066, El Paso, Texas 88587-0066. **LIMIT ONE COUPON PER PURCHASE.**

30¢ 30¢

40¢ 40¢

40¢ OFF any Hershey's Baking Chocolate

Manufacturer's Coupon | Expiration Date 12/31/94

116 540

5 34000 32040 5

RETAILER: We will redeem coupon for face value plus 8¢ handling if submitted in compliance with Hershey's redemption policy incorporated herein by reference. Void if reproduced or where prohibited by law. Good in the U.S.A. Cash value 1/20¢. Mail to: Hershey's Chocolate U.S.A., Box Number 870066, El Paso, Texas 88587-0066. **LIMIT ONE COUPON PER PURCHASE.**

40¢ 40¢

30¢ 30¢

30¢ OFF any Hershey's or Reese's Baking Chips

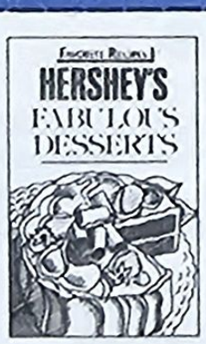
Manufacturer's Coupon | Expiration Date 12/31/94

116 524

5 34000 31030 7

RETAILER: We will redeem coupon for face value plus 8¢ handling if submitted in compliance with Hershey's redemption policy incorporated herein by reference. Void if reproduced or where prohibited by law. Good in the U.S.A. Cash value 1/20¢. Mail to: Hershey's Chocolate U.S.A., Box Number 870066, El Paso, Texas 88587-0066. **LIMIT ONE COUPON PER PURCHASE.**

30¢ 30¢



More Great Recipes from HERSHEY'S

FABULOUS DESSERTS Cookbook

- Over 150 delicious, quick and easy chocolate desserts
- 96 pages, full color photography throughout
- Convenient 5 1/4" x 8 1/4" size

Send a check or money order for $1.95 with 1 proof of purchase from any Hershey's / Reese's Baking Products (Cocoa, Baking Chocolate or Baking Chips).

Mail your check or money order with proof of purchase and your name, address, city, state and zip on 3" x 5" card to: **Fabulous Desserts, Dept. 4059A, Ronks, PA 17573**

Allow 6-8 weeks for delivery. Offer void where prohibited. Valid only in U.S.A. while supplies last. Offer expires 12/31/92.

MANUFACTURER COUPON | EXPIRES 11/30/92

35¢

35¢ Off

HEINZ

Chili Sauce

Coupon good only on Heinz Chili Sauce.
Any other use constitutes fraud. NONTRANSFERABLE.
LIMIT - ONE COUPON PER PURCHASE.
RETAILER: Send this coupon after redemption to H.J. Heinz Company, P.O. Box 870064, El Paso, TX 88587-0064 for reimbursement of 35¢ plus 8¢ handling. Failure to present on request invoices proving purchase of sufficient stock to cover coupons will void reimbursement. Void where prohibited, taxed or restricted by law. Cash value 1/100 of 1¢. Sales tax must be paid by customer.

44399

5 13000 62135 4

35¢ Printed in U.S.A. Heinz ©1991 H.J. Heinz Co.

MANUFACTURER COUPON | EXPIRES 11/30/92

55¢

55¢ OFF

ANY TWO FLAVORS

HEINZ

HomeStyle Gravy

Coupon good only on Heinz HomeStyle Gravy.
Any other use constitutes fraud. NONTRANSFERABLE.
LIMIT - ONE COUPON PER PURCHASE.
RETAILER: Send this coupon after redemption to H.J. Heinz Company, P.O. Box 870064, El Paso, TX 88587-0064 for reimbursement of 55¢ plus 8¢ handling. Failure to present on request invoices proving purchase of sufficient stock to cover coupons will void reimbursement. Void where prohibited, taxed or restricted by law. Cash value 1/100 of 1¢. Sales tax must be paid by customer.

44381

5 13000 66028 5

55¢ Printed in U.S.A. ©1991 H.J. Heinz Co.

MANUFACTURER COUPON | EXPIRES 11/30/92

15¢

15¢ Off

Heinz Worcestershire Sauce

Any Size

Coupon good only on Heinz Worcestershire Sauce.
Any other use constitutes fraud. NONTRANSFERABLE.
LIMIT - ONE COUPON PER PURCHASE.
RETAILER: Send this coupon after redemption to H.J. Heinz Company, P.O. Box 870064, El Paso, TX 88587-0064 for reimbursement of 15¢ plus 8¢ handling. Failure to present on request invoices proving purchase of sufficient stock to cover coupons will void reimbursement. Void where prohibited, taxed or restricted by law. Cash value 1/100 of 1¢. Sales tax must be paid by customer.

44365

5 13000 65015 6

15¢ Printed in U.S.A. Heinz ©1991 H.J. Heinz Co.

SIMPLE AND DELICIOUS SWISS STEAK

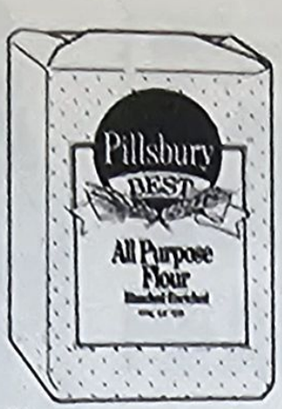
Place 6 (4 to 5 ounces each) beef cubed steaks in a 9x13-inch pan. Combine 1 (14½ ounce) can stewed tomatoes and ¼ cup all-purpose flour in a 2-quart saucepan. Stir in 1 (12 ounce) jar **Heinz HomeStyle Mushroom Gravy** and ½ cup **Heinz Chili Sauce.** Bring to a boil; simmer 1 minute. Pour sauce over steaks. Cover; bake in 375°F. oven 35 to 45 minutes. Serve with hot mashed potatoes or noodles. Makes 6 servings.

ALL AMERICAN BARBECUE SAUCE

Combine in small saucepan: ½ cup **Heinz Chili Sauce,** ½ cup finely chopped onion, ¼ cup water, 2 tablespoons brown sugar, 1 tablespoon **Heinz Worcestershire Sauce,** 1 tablespoon **Heinz Apple Cider Vinegar,** 1 teaspoon chili powder, ½ teaspoon celery seed, and ¼ teaspoon hot pepper sauce. Simmer 10 to 12 minutes or until thickened, stirring occasionally. Use as a barbecue sauce for chicken, ribs or pork chops. Makes ⅞ cup.

Note: For a zestier sauce, increase hot pepper sauce to ½ teaspoon.

Pillsbury



MANUFACTURER COUPON | NO EXPIRATION DATE

20¢

SAVE 20¢

On one bag of
Pillsbury's BEST® Flour
(any variety, any size)

20¢

CONSUMER: Limit one coupon per purchase of specified product(s); no other coupon may be used with this coupon. Void if sold, exchanged, or transferred.
RETAILER: You are authorized to act as our agent and redeem this coupon at face value plus 8¢ handling if in accordance with our redemption policy, copies available on request. Send coupons to THE PILLSBURY COMPANY, Box 600250, El Paso, TX 88560-0250.
Void if copied. Void where prohibited, licensed or regulated. Good only in USA and APO/FPO post office addresses. Cash value .001¢.

©1991 The Pillsbury Company

5 18000 30020 9

MANUFACTURER'S COUPON | *HURRY!* EXPIRES 5/31/92

Hidden Valley Ranch®

Salad Dressing

Save 25¢ *good on any size, any flavor*

RETAILER: As our agent for redemption, you will be reimbursed in accordance with The Kingsford Company's redemption policy. To redeem this coupon or to request a copy of our redemption policy, send to **The Kingsford Company, CMS, Department 44600, 1 Fawcett Drive, Del Rio, TX, 78840** Void if reproduced. Offer void where prohibited, taxed or required to be licensed by law. **CONSUMER: Only one coupon of any type may be used with the purchase of the specific product and size indicated. You must pay all applicable sales tax.**

001058

5 71100 11025 3

15¢ OFF

MANUFACTURER'S COUPON | MAY 31, 1992

15¢ OFF

RED STAR® ACTIVE DRY
OR QUICK·RISE™ YEAST®

TO GROCER: RED STAR® YEAST & PRODUCTS will pay the face value of this coupon plus 8¢ handling provided you and your customer have complied with the terms of this offer. Invoices showing purchases of sufficient stock to cover coupons presented must be shown upon request. Any other use constitutes fraud. Void where prohibited, taxed or otherwise restricted. Customer must pay any sales tax. Cash value 1/20 of 1¢. Coupon will not be honored if presented through outside agencies, brokers or other parties who are not retail distributors of our merchandise or specifically authorized by us to present coupons for redemption. Mail to **RED STAR® YEAST & PRODUCTS, P.O. Box 700045, El Paso, TX 88570-0045.** TO CONSUMER: This coupon is good only on the products indicated. Any other use constitutes fraud.

70165215

15¢ OFF

5 34600 11015 4

20¢

Manufacturer Coupon | No Expiration

SAVE 20¢

on any **MANWICH®**
SLOPPY JOE SAUCE

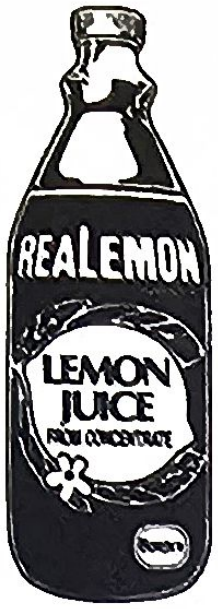
93429

To Retailer: Hunt-Wesson will reimburse you the face value plus 8¢ handling if submitted in compliance with the Hunt-Wesson Coupon Redemption Policy, available upon request. Cash value of 1/100 of a cent. Send properly redeemed coupons to Hunt-Wesson, Inc., CMS Dept. #27000, 1 Fawcett Drive, Del Rio, TX 78840. LIMIT ONE COUPON PER PRODUCT PURCHASE.

5 27000 13120 1

20¢

20¢



MANUFACTURER'S COUPON | NO EXPIRATION DATE

SAVE 25¢ ON NEXT PURCHASE OF ANY SIZE

REALEMON LEMON JUICE FROM CONCENTRATE

BRAND ®

BORDEN

IF IT'S BORDEN-IT'S GOT TO BE GOOD

RETAILER: Borden, Inc. will redeem for face value plus 8¢ provided you have complied with its terms and redemption policy. ANY OTHER USE CONSTITUTES FRAUD. Send to Borden, Inc., P.O. Box 870026, El Paso, Texas 88587-0026. Cash value 1/20¢. Void where restricted. Limit one coupon per purchase.

© 1991 Borden, Inc.

53000 358142

MANUFACTURER COUPON | EXPIRES 11/30/92

SAVE 25¢

When you buy one box

PASTA DEPINO

NO BOIL LASAGNA

1-800-NO BOIL-1

CONSUMER: Redeem this coupon ONLY by purchasing product intended, with the face value of this coupon deducted from retail selling price. Any other use constitutes fraud. Coupon is not transferable, nor may it be reproduced. You pay any sales tax involved. **LIMIT ONE COUPON PER PURCHASE.**

RETAILER: Shade Pasta, Inc. will pay you for the face value of this coupon plus 8¢ for handling. Coupon reimbursements are not to be deducted from Shade Pasta, Inc. invoices. Submission by unauthorized intermediary agents will not be accepted. Valid only if redeemed by retail distributors of our product. PROPERLY REDEEMED COUPONS SHOULD BE SENT TO: SHADE PASTA, INC., 805 S. Union, Frement, NE 68025.

Cash Value 1/100 of 1¢.

MANUFACTURER'S COUPON/EXPIRES NOVEMBER 30, 1992

SAVE 10¢

When You Buy Any Size Louisiana Hot Sauce Product

Consumer: This coupon good only on product indicated. Limit one coupon per purchase. Void if copied or reproduced. **Retailer:** You are authorized to redeem this coupon at face value plus 8¢ handling where the terms of the offer have been complied with in accordance with our redemption policy (copy available upon request). Retailers and authorized clearing houses, send coupons to: Bruce Foods Corporation, P.O. Box 515927, Dallas, TX 75251.

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Quality Products for Quality Cooking